

Cook Book

WELFARE LEAGUE
EUGENE OREGON

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San Francisco, California
2006

Eugene Welfare League COOK BOOK



To dear Mrs. Toso:

With grateful appreciation
for recipes given which, by the
way, have been much lauded
by many who have tried them.

I regret that this little
book could not have reached you
in time to convey the Yuletide
greetings. A accident in the

1

to clear the land

with planting - especially
in places where the soil is
very poor and much labour
is necessary to bring it into
cultivation. The object of this
book is to show that it is
not only possible but profitable
to grow crops on such land
in a comparatively short time.

set. up prevented that; nevertheless, it can act as a little harbinger to carry to you and Mr. Toss my very sincere wishes for every blessing in the ~~current~~ **FOREWORD** year.

What is the Welfare League?

The Eugene Welfare League is a local organization, founded in November, 1930.

Its forty members are women who organized to undertake some constructive charity which would be separate and distinct from other charities represented in Eugene.

The voluntary contribution of time to various worthy causes is one of the basic ideals on which the Welfare League was founded, and its members contribute an aggregate of two hundred and forty hours each month to charitable and civic work. Each member is required to do a minimum of six hours of work each month throughout the year.

The main object of the Welfare League is to foster among its members new ideals of social and civic work, and promote intelligent volunteer service.

Lovingly,
Frances.



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BEVERAGES

A beverage is any drink, and yet not being a tea-drinking nation, the term suggests, coffee to us. As is well known there is a difference between boiled coffee, percolated coffee, and drip coffee. Some like one best, others prefer another. There are now on the market several types of pots for making each one. The tea pot is also a symbol of good cheer and good fellowship. A few directions for making each kind of coffee:

BOILED COFFEE

$\frac{1}{2}$ cup coffee

4 cups boiling water

$\frac{1}{2}$ cup cold water

$\frac{1}{4}$ cup cold water

Mix coffee and $\frac{1}{2}$ cup cold water, in the coffee pot, add boiling water and boil 3 minutes. Let settle 5 minutes and add the $\frac{1}{4}$ cup cold water.

BOILED COFFEE WITH EGG

1 egg

$\frac{1}{2}$ cup cold water

1 cup coffee

6 cups boiling water

Beat the egg before adding the cold water and coffee. Turn into the pot add the boiling water, bring to a boil and boil a minute. Let stand 3 minutes, strain and serve.

PERCOLATED COFFEE

Allow 2 tablespoons coffee to each cup of boiling water and percolate until color shows the strength desired.

DRIP COFFEE

Use pulverized coffee and preheat the pot. Allow 1 tablespoon coffee for each cup of freshly boiling water and 1 tablespoon for the pot. Strain if there is no filter in the pot, and serve. Keep coffee hot for "seconds" but do not allow it to boil.

BLACK COFFEE, OR CAFE NOIR

For after-dinner coffee use twice the amount of coffee given in the previous recipes.

MRS. ARTHUR A. ROGERS.

A FEW DIRECTIONS FOR MAKING TEA

Use freshly boiling water, and a freshly scalded pot. Use measure of tea according to the strength desired; 1 teaspoon of green tea to the cup of boiling water; $\frac{1}{2}$ teaspoon of black tea to the cup; allowing tea to brew one minute, is the common practice.

In making iced tea, use twice the measurement of tea in the above recipe. Strain into tall glasses 1-3 full of cracked ice; sweeten to

taste with a sugar and water syrup and allow a slice of lemon or a sprig of mint to each glass.

Directions for making chocolate or cocoa are usually found on the packages; it is well to bear in mind, that cooking the dry ingredients, with the addition of cornstarch to keep the cocoa from settling, (1 teaspoon to the quart of milk,) and the water for five minutes, improves the flavor. And that milling the finished beverage improves it. All scalded milk for drinks or soups should be milled, which is beating it with a rotary beater, to prevent a "skin" from forming on the surface.

MRS. ARTHUR A. ROGERS.

HOT CHOCOLATE

5 tablespoons ground chocolate	1 teaspoon cornstarch
4 tablespoons sugar	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon salt	4 cups milk

Mix chocolate, sugar, salt, cornstarch well and add to water. Boil for about five minutes. Scald the milk and add to chocolate mixture and keep hot until needed for serving. Serves six.

MRS. FRANK JENKINS.

FRENCH CHOCOLATE (Party Beverage)

$2\frac{1}{2}$ squares chocolate	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup water	pinch of salt
$\frac{1}{2}$ cup cream	6 cups milk

Shave the chocolate with a sharp knife, add to the water and cook five minutes, stirring constantly. Add the sugar and salt, and cook four minutes longer; beat with a rotary beater and cool. When ready to serve; whip the cream and fold the chocolate mixture into it. Place one tablespoon of the mixture in each serving cup, and pour the milk, which has been heated and milled into each cup, filling it. Stir each cup well; this can be served from the tea-cart, having the bowl of the chocolate and a pitcher of hot milk with the other tea things; or it may be served at the supper table.

MRS. ARTHUR A. ROGERS.

ICED TEA PUNCH

1 cup strong tea infusion (hot)	1 pint ginger ale
1 tablespoon finely chopped mint, optional	4 oranges
$\frac{1}{2}$ cup sugar syrup	1 pint of charged water

Mix the hot tea, mint and syrup together; add the juice of oranges and lemons and chill in the refrigerator. When ready to serve, strain and add the remaining ingredients and mix thoroughly. Pour into tall glasses, placing a thin piece of lemon or orange and a sprig of mint in each glass. Will serve 6 to 8 portions.

A LEMON VARIATION

Fill the refrigerator tray with raspberry or grape juice and let freeze. Make a good plain lemonade and allow to chill. Pour over the frozen fruit cubes and garnish as desired. These ice cubes give richness and color to the beverage.

MRS. ARTHUR A. ROGERS.

PUNCH

2 dozen lemons	2 dozen oranges
3 cans pineapple juice	4 quarts green tea
8 cups sugar	4 cups water
3 bottles ginger ale	1 quart lemon sherbet

Any other light colored juices may be added to the above juices. When ready to serve, add the designated amount of ginger ale and sherbet to every gallon of juice. All ingredients must be ice-cold so that the sherbet will not melt too rapidly.

MRS. DAVID GRAHAM.

ICED COFFEE

Prepare one quart of strong coffee using three heaping tablespoons for each cup (4 cups water and 12 tablespoons coffee). When done pour over $\frac{1}{2}$ pound of cube sugar and let stand until cool. Stir and pour into this 1 quart of cold boiled milk, to which 2 teaspoons of vanilla have been added. Add one pint of fresh cream. Place in ice box for six or seven hours. Serve with teaspoon of whipped cream for each glass. If wanted in less time, pack pitcher containing coffee in ice. Serves from 12 to 15.

MRS. CHARLES HARDY.

BREADS, MUFFINS AND GRIDDLE CAKES

SALT RISING BREAD

On the day before the bread is to be made, prepare the starter as follows:

Pour $\frac{1}{2}$ cup scalding milk over 2 heaping tablespoons of corn meal which has not been kiln dried. Keep in warm temperature for several hours until it puffs up.

Scald 1 pint of milk, add 1 pint water, and allow to cool until lukewarm. Add enough flour to make a medium batter, then add 2 tablespoons sugar and 1 level teaspoon soda, dissolved in water. Add starter.

Allow this batter and container to stand in a covered pan or kettle partly filled with warm water until the batter is light. Add two tablespoons melted butter and two level teaspoons salt. Stir in enough warm flour to make a dough stiff enough to mold into loaves. Place in a warm place until double in size. Bake in moderate oven. Even temperature all the time makes this bread a success.

MRS. CURTIS HARRIS.

NUT BREAD

3 cups white flour

$\frac{3}{4}$ cup sugar

Mix well and add one egg, one cup milk and $\frac{3}{4}$ cup nuts. Let stand for ten minutes, then bake in 325 degrees oven thirty to forty minutes.

4 teaspoons baking powder

1 teaspoon salt

MRS. HERBERT ROOME.

NUT BREAD

$1\frac{1}{2}$ cup sugar

1 egg

1 cup milk

1 teaspoon salt

$3\frac{1}{2}$ cups flour

3 teaspoons baking powder

1 cup nuts (ground)

Mix well and allow to stand in a loaf pan one hour. Place in a moderate oven and bake about one hour. MRS. I. D. S. WADE.

NUT BREAD

2 eggs

1 cup sugar

$1\frac{1}{2}$ cups sweet milk

4 cups flour

$\frac{1}{2}$ teaspoon salt

3 teaspoons baking powder

1 cup chopped walnuts

Sift flour, salt and baking powder and mix with walnuts. Mix ingredients in order given, put in two greased tins and let rise one-half hour. Bake in moderate oven 45 minutes.

MRS. W. DENZIL ABEL.

WALNUT BREAD

3 cups flour	1 cup chopped walnuts
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup chopped dates
$\frac{1}{2}$ teaspoon salt	1 egg
3 teaspoons baking powder.	1 cup milk

Mix dry ingredients, nuts and dates. Add beaten egg and milk. Pour into greased pan and bake one hour in slow oven, increasing the heat after the first fifteen minutes.

MRS. LOY ROWLING.

WHOLE WHEAT FLOUR NUT BREAD

2 cups sour milk	1 teaspoon soda
$\frac{1}{2}$ cup molasses	3 cups whole-wheat flour
$\frac{1}{2}$ cup sugar	1 cup nuts
1 teaspoon salt	

Dissolve soda in molasses. Combine with rest of ingredients and bake one hour in two bread tins.

MRS. ORVILLE WALLER.

NUT BRAN BREAD

2 cups bran	8 tablespoons raisins
1 cup white flour	4 tablespoons chopped nuts
1 teaspoon soda	2 tablespoons sugar
$\frac{1}{4}$ teaspoon salt	4 tablespoons molasses
2 teaspoons baking powder	1 cup milk
4 tablespoons water	

Mix the bran, flour, soda, baking powder, salt, raisins and nuts. Add molasses, sugar, milk and water. Mix thoroughly, bake one hour—slowly.

MRS. GEORGE HOPKINS.

ROMAN MEAL BREAD

$\frac{1}{2}$ cup molasses	2 teaspoons soda
$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ teaspoon baking powder
2 eggs	2 cups Roman meal
2 cups sour milk	2 cups sifted white flour
1 teaspoon salt	

Mix and bake one hour with oven at 350 degrees, with top element on low and bottom on medium. The last 15 minutes, turn bottom on low also.

MRS. JOHN CANNON, Astoria.

GRAHAM BREAD WITH DATES AND NUTS

2 eggs	4 rounding teaspoons baking powder
1 teaspoon salt	4 cups unsifted graham flour
$\frac{1}{2}$ pound dates	1 cup chopped walnuts
1 cup sugar	
2 cups milk	

Beat eggs, add salt, sugar and milk. Mix baking powder with flour, saving a little for nuts. Let stand twenty minutes and bake 45 or 50 minutes in moderate oven.

MRS. WALDO ADAMS.

GRAHAM BREAD

- | | |
|----------------------------|---------------------|
| 2 cups sour milk | 2 cups white flour |
| $\frac{1}{2}$ cup molasses | 2 cups graham flour |
| $\frac{1}{3}$ cup sugar | 1 teaspoon salt |
| 1 teaspoon soda | |

Mix sour milk, molasses and sugar, and add soda. Mix white and graham flour and add to above mixture. Bake in a loaf pan in moderate oven 45 minutes.

MRS. C. R. MANERUD.

DATE BREAD

- | | |
|----------------------------|----------------------------------|
| 2 eggs and pinch of salt | $1\frac{1}{2}$ cups graham flour |
| 1 cup brown sugar | $1\frac{1}{2}$ cups white flour |
| 1 teaspoon soda mixed into | 1 pound stoned dates cut up |
| 1 cup sour milk | 1 cup nuts chopped |

Mix in order given and bake one hour in slow oven.

MRS. LYNN MCCREADY.

PRUNE BREAD

- | | |
|-------------------------------|--------------------------------------|
| 1 cup sugar | 1 cup unsifted graham flour |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon soda |
| 1 beaten egg | 1 cup thick sour milk |
| 2 tablespoons melted fat | $\frac{1}{2}$ cup prune juice |
| 1 cup chopped walnut meats | $\frac{1}{4}$ teaspoon baking powder |
| 1 cup stewed prunes, cut fine | $1\frac{1}{2}$ cups flour |

Combine sugar, salt, beaten eggs and mix well. Add the melted fat, nut meats and prunes. Mix together soda, sour milk and prune juice. Sift baking powder with white flour. Add to graham flour. Add flour to the egg mixture alternately with sour milk mixture. Beat together well. Bake in a loaf in a moderate oven for 50 minutes.

MRS. JOHN J. ROGERS.

PEANUT BUTTER BREAD

- | | |
|---------------------------|---------------------------------|
| 2 cups flour | 1 egg |
| 4 teaspoons baking powder | 1 cup milk |
| 1 teaspoon salt | $\frac{2}{3}$ cup peanut butter |
| $\frac{1}{2}$ cup sugar | |

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, blend well and add to dry ingredients. Add egg; beat this thoroughly. Bake in greased loaf pan in slow oven 45 to 50 minutes. This bread is best a day old.

MRS. THOMAS CHAPMAN.

GRAPE-NUT BREAD

- | | |
|--------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups grape nuts | 1 egg |
| 1 cup sugar | $\frac{1}{2}$ teaspoon salt |
| 2 cups milk | $3\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ cup raisins | 4 teaspoons baking powder |

Mix grape-nuts, sugar, raisins, and milk and let stand 15 minutes. Add flour, baking powder, and salt sifted together. Add beaten egg.

Put into bread tins and let stand $1\frac{1}{2}$ hours. Bake in moderate oven. Allow to cool for several hours before cutting. (Makes two medium sized loaves.)

Mrs. E. A. HIGGINS.

ORANGE BREAD

4 cups flour	1 cup milk
3 teaspoons baking powder	2 eggs
1 teaspoon salt	1 cup candied orange peel
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup syrup from candied
$\frac{1}{4}$ cup shortening	orange peel

Sift together flour, baking powder, salt and sugar. Cut shortening into the flour mixture. Beat eggs thoroughly and add milk to them. Mix thoroughly with flour mixture. Stir in candied orange peel and syrup. If there is not $\frac{1}{3}$ cup syrup add milk to make up amount. Bake fifty minutes at 350 degrees.

Mrs. HARRY PARSON, Portland.

ORANGE BREAD

2 eggs	4 tablespoons crisco
$\frac{1}{2}$ cup sugar	1 teaspoon salt
$1\frac{1}{2}$ cups milk	3 teaspoons baking powder
4 cups flour	1 cup candied peel (orange)

Sift the dry ingredients. Work in shortening. Add candied peel, distributing it throughout. Add the milk to the beaten eggs and stir into the mixture. Bake in greased and floured loaf pan in a moderate oven for 50 minutes.

Mrs. CARLTON SPENCER.

BOSTON BROWN BREAD

1 cup corn meal	2 eggs
2 cups graham flour	1 teaspoon soda
$2\frac{1}{2}$ cups sweet milk	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup molasses	

Beat eggs, add milk and molasses. Mix and sift dry ingredients. Combine mixtures. Steam three hours.

Mrs. W. F. JEWETT.

BAKED BOSTON BROWN BREAD

1 pint sweet milk	1 heaping teaspoon soda
$\frac{1}{2}$ teaspoon salt	1 to 2 cups white flour
$\frac{1}{2}$ cup sugar	1 to 2 cups graham flour
$\frac{1}{2}$ cup New Orleans molasses	

Place milk, salt and sugar in bowl. Mix soda into molasses until it foams and add to milk. Stir in flour, beating well. Add graham flour sufficient to make a stiff batter (this should be stiff enough to pour however). Beat thoroughly. Add nuts and raisins or either. Pour into a well-greased loaf pan and bake one hour, in slow oven. When removed it should be as light and moist as steamed brown bread.

Mrs. LYNN MCCREADY.

BISHOP BREAD

2½ cups bread flour	1 teaspoon cinnamon
½ cup shortening	½ teaspoon salt
2 cups brown sugar	

Mix thoroughly and save out ½ cup to put on top of bread. Add:

1 egg	½ teaspoon soda, dissolved in
1 teaspoon baking powder	1 cup sour milk

Beat well. Bake in two cake pans. Sprinkle the crumbs saved out over the top of the bread. Bake about 25 minutes in a hot oven.

MRS. MASON MACDONALD.

CINCINNATI COFFEE BREAD

Put in bowl:

1/3 cup sugar	1/3 cup butter
	½ teaspoon salt

Pour over 1 cup scalded milk. When lukewarm add one yeast cake dissolved in ¼ cup luke-warm water, two eggs slightly beaten, enough flour to make a stiff batter. Cover and let stand until mixture is double its bulk. Cut down and put in two shallow pans. Let rise. Before baking sprinkle generously with brown sugar dotted with butter and nuts.

MRS. WALTER HUMMELL.

GERMAN KAFFEE KUCHEN

2 eggs	½ teaspoon salt
1 cup milk	3 cups flour
2 large tablespoons butter	2 heaping teaspoons baking powder
3 large tablespoons sugar	

Beat eggs. Add dry ingredients sifted together alternately with the milk. Add melted butter. Spread in buttered tins and over the top sprinkle the following, rubbed together.

4 tablespoons sugar	1 tablespoon butter
2 tablespoons flour	1 tablespoon cinnamon

MRS. NELSON MACDUFF.

CREAM SCONES (VERY SCOTCH AND DELICIOUS)

2 cups flour	2 teaspoons sugar
½ teaspoon salt	2 eggs
4 teaspoons baking powder	1/3 cup cream
4 tablespoons butter	

Mix and sift together flour, baking powder, sugar and salt. Rub in butter with fingers. Add eggs well beaten (reserve small amount unbeaten yolk) and cream. Toss on floured bread board, pat and roll to three-fourths inches in thickness. Cut in squares, brush with reserved egg yolk. Sprinkle with sugar and bake in hot oven fifteen minutes.

MRS. EDGAR E. MARTIN.

SCOTCH SCONES

- | | |
|---------------------------|---------------------------|
| 2 cups flour | 3 tablespoons shortening |
| 1 teaspoon salt | 1 egg |
| 2 teaspoons baking powder | milk to make a soft dough |
| 1 teaspoon sugar | |

Roll $\frac{1}{2}$ inch thick, cut in 3 inch squares, and brush with butter. Fold cornerwise and bake in hot oven until brown.

MRS. GEORGE HOPKINS.

FRUIT SCONES

- | | |
|---------------------------|----------------------------------|
| 1 cup flour | $\frac{1}{2}$ cup puffed raisins |
| 1 cup corn meal | 1 egg (well beaten) |
| 3 teaspoons baking powder | milk to mix a soft dough |
| pinch of salt | |

Sift dry ingredients. Add raisins. Add egg and milk to mix a soft dough. Divide into two portions, flatten them into round loaf shapes with a rolling pin on a floured board. Cut each across into quarters and brush over with egg yolk. Bake about twenty minutes in a hot oven and serve hot or let cool and split and toast and serve with orange marmalade.

MRS. LYNN MCCREADY.

ICE BOX ROLLS

- | | |
|------------------------------|------------------------------|
| 1 cup hot mashed potatoes | 2 eggs, beaten |
| $\frac{1}{4}$ cup sugar | 1 cake Fleischmann's yeast |
| $\frac{3}{4}$ cup shortening | $\frac{1}{4}$ cup warm water |
| 1 teaspoon salt | |

Stir all but yeast together. When cool, add the yeast. Add sufficient flour to knead dough. Knead well and place in greased bowl. Cover with waxed paper and put in refrigerator at least 12 hours before using. Allow $2\frac{1}{2}$ hours for rising after shaping and placing in pans.

MRS. DICK KIGER, Corvallis.

ICE BOX YEAST DOUGH

- | | |
|-------------------------|--------------------------|
| Mix | 1 tablespoon salt |
| 2 cups boiling water | 2 tablespoons shortening |
| $\frac{1}{2}$ cup sugar | and cool to luke-warm. |

Soften 2 cakes of compressed yeast in $\frac{1}{4}$ cup lukewarm water. Add 1 teaspoon sugar and stir into the first mixture. Add two beaten eggs and stir in 4 cups flour and beat well. Then stir in 3 or 4 more cups of flour. Do not knead. Cover and put into ice box to have on hand. Shape and put into pans three hours before baking. They will double in bulk.

MRS. FRANK McTAGGART.

"DIXIE ROLLS"

- | | |
|-----------------------|--------------------|
| 5 heaping tablespoons | 2 well beaten eggs |
| shortening (melted) | 3 teaspoons salt |
| 3 cups milk | 3 teaspoons sugar |

Heat above ingredients until they are luke warm. Dissolve one Fleischman yeast cake in cold milk. Mix with luke warm solution. Mix

with three pints flour. Place in warm location to rise to twice the original bulk. Roll out thin, cut, and let rise until light (2 hours).

MRS. HERMAN H. HOBI.

BEATEN BISCUITS

Work a tablespoon of butter into a pint of flour; one teaspoon of salt; half a teaspoon of baking powder; add enough sweet milk to make a stiff dough. The secret of beaten biscuit is in the way they are beaten. Do not beat hard, but beat with a steady, even beat; roll and fold and beat until dough is full of blisters. Then roll out and cut with small cutter. Bake in quick oven. Always prick the biscuit with fork before baking. If they do not brown as you like brush over top with sweet milk before baking. This makes only a few.

MRS. EDWARD W. KELLEY.

BUTTERSCOTCH BISCUITS

2 cups flour	4 teaspoons baking powder
1 teaspoon salt	4 tablespoons shortening
2/3 cup milk	

Sift dry ingredients, cut in shortening, add the milk gradually to form a soft dough. Roll thin, spread with one-third cup butter, creamed and mixed with $\frac{3}{4}$ cup brown sugar. Roll up like jelly roll, cut off piece one inch thick, put in greased muffin pans, cut side up and bake 15 minutes at 400 degrees

MRS. FRANK JENKINS.

FRUIT ROLLS

1 tablespoon sugar	1/6 cup raisins
1/6 teaspoon cinnamon	1 tablespoon chopped citron

Make a baking powder biscuit dough and roll $\frac{1}{4}$ inch thick. Brush with melted butter and sprinkle with the above ingredients. Roll like a jelly roll and cut off slices $\frac{3}{4}$ inch in thickness. Place in buttered pan and bake in hot oven 15 minutes.

MRS. WALTER HUMMEL.

RYSAN CANTON BISCUITS

2 cups flour	2 tablespoons lard
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ cup chopped ginger
1 tablespoon sugar	

Sift flour, salt, and sugar together and rub in shortening. Add ginger and then milk. Mix lightly, roll out on board and cut with biscuit cutter. Bake 10 to 12 minutes.

MRS. G. E. LEHMAN.

CHEESE BISCUITS

Make any good recipe of baking powder biscuits. Cut small and put close together in pan. Melt in double boiler equal parts of Blue-hill cheese and butter. Pour over biscuits and bake.

MRS. L. W. MANERUD.

MIDNIGHT SAUSAGE BISCUITS

- | | |
|--------------------------|------------------------|
| 2 cups flour | 4 teaspoons shortening |
| 4 teaspoon baking powder | $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | |

Mix and sift dry ingredients, rub in shortening, add milk and mix, handling as little as possible. Roll to one-third inch thickness, cut with large biscuit cutter and crease in middle. Place a heaping teaspoon of highly seasoned ground sausage on each half biscuit and turn other half over it, pinch edges together firmly and bake in hot oven 20 minutes.

MRS. P. G. CALLISON.

SOUR MILK MUFFINS

- | | |
|----------------------------|-----------------------------|
| 2 cups flour | $\frac{1}{4}$ teaspoon soda |
| 1 cup sour milk | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons sugar | 1 egg |
| 1 tablespoon melted butter | |

Mix and sift flour, baking powder, salt, and sugar. Beat the soda into sour milk. Add the egg, then flour mixture. Beat until very smooth and add melted butter. Bake in greased muffin tins in hot oven. (Makes 12).

MRS. F. A. BARKER.

NUT GRAHAM MUFFINS

- | | |
|---------------------------|--------------------------------|
| 1 cup graham flour | $\frac{3}{4}$ teaspoon salt |
| 1 cup white flour | 1 cup milk |
| 4 teaspoons baking powder | 4 tablespoons shortening |
| 1 egg | $\frac{1}{2}$ cup chopped nuts |
| 4 tablespoons brown sugar | |

Mix dry ingredients. Beat egg, add milk and melted shortening, add to dry mixture and lastly add nuts. Bake twenty-five minutes at 400 degrees.

MRS. LYNN MCCREADY.

DATE MUFFINS

- | | |
|---------------------------|------------------------------|
| 2 cups flour | $\frac{3}{4}$ teaspoon salt |
| 3 teaspoons baking powder | $\frac{3}{4}$ cup sweet milk |
| 1 tablespoon sugar | $\frac{1}{2}$ cup dates |
| 3 teaspoons butter | |

Sift flour, baking powder and sugar together several times. Work butter and salt into flour mixture, add milk and dates, chopped fine. Bake in muffin tins in quick oven. These are delicious for afternoon teas.

MRS. WALDO ADAMS.

BRAN BUNS

- | | |
|-----------------------|-----------------------------|
| 2 cups of health bran | 1 egg |
| 1 cup flour | 1 tablespoon melted butter |
| 1 teaspoon soda | 2 tablespoons molasses |
| 1 teaspoon salt | milk to make a stiff batter |
| 1 tablespoon sugar | |

Dissolve soda in molasses and mix with other ingredients. Bake in hot, greased gem pans.

MRS. CHARLES HARDY.

TWIN MOUNTAIN GEMS

 $\frac{1}{4}$ cup sugar $\frac{1}{4}$ cup butter

1 egg

3 teaspoons baking powder

 $\frac{3}{4}$ cup milk

2 cups flour

Makes ten good sized muffins. Bake twenty-five minutes in 400 degree oven.

MRS. FRANK JENKINS.

POPOVERS—THEY REALLY POP

 $1\frac{1}{4}$ cupfuls of flour $\frac{1}{4}$ teaspoon salt

2 eggs

1 teaspoon sugar

1 cup milk

Mix flour salt and sugar, add milk and beaten eggs gradually. Beat for 5 minutes with egg beater. Pour into well buttered, piping hot iron muffin tins, filling tins half full. Bake in hot oven 30 to 40 minutes at 400 degrees.

MRS. WEIR McDONALD.

CORN BREAD

 $1\frac{1}{3}$ cups flour $\frac{2}{3}$ cup corn meal

4 teaspoons baking powder

salt

4 tablespoons sugar

1 egg

1 cup milk

3 tablespoons melted shortening

Mix dry ingredients. Beat egg and add to milk. Add this to dry mixture. Then add shortening. This corn bread is nice baked in muffin tins. It makes 12 medium sized muffins. Bake about 20 minutes in hot oven.

HOT CAKES

 $1\frac{3}{4}$ cups sour milk

1 scant teaspoon soda

 $1\frac{1}{4}$ cups flour

1 egg yolk, beaten

1 tablespoon melted butter

white of egg, well beaten

Mix in order given and beat well before adding white of egg.

MRS. G. S. BEARDSLEY,

GRIDDLE CAKES SUPREME

2 cups flour

 $\frac{1}{2}$ teaspoon salt $1\frac{1}{2}$ cups milk

4 teaspoons baking powder

2 eggs

2 tablespoons melted shortening.

Sift dry ingredients into bowl; beat milk and yolks of eggs until light and add to dry ingredients. Add melted shortening. Beat whites of eggs until light and fold into mixture just before it is ready to be cooked.

MRS. HERMAN HOBI.

DELICIOUS PAN CAKES

(For Two Pigs or Four People)

1 egg	1 tablespoon sugar
1 cup milk	1 teaspoon salt
flour	3 teaspoons baking powder

Separate egg. Stir yolk with a spoon and add milk alternately with enough flour to make an ordinary batter. Add sugar and salt. Beat until smooth and sprinkle baking powder over top. Fold in beaten egg white. If batter is too thick it may be thinned a little with milk.

MRS. LYNN MCCREADY.

CRACKER HOT CAKES

16 crackers, rolled	2 eggs
8 tablespoons flour	milk to make thin batter
3 heaping teaspoons baking powder	

Mix in order given, beating eggs slightly. Makes 18 cakes.

MRS. D. KIGER.

"FRIED CAKES" FOR THREE PEOPLE

Dissolve one-half teaspoon soda and a pinch of salt in one-half cup good fresh clabber. To this add about one-half pint flour or enough to make batter a little stiffer than for baking-powder biscuits. Put on mixing-board and work a minute or two until dough is smooth and reasonably stiff. Roll out and cut in strips with a knife. Let stand a few minutes, then press flat with fingers. Fry like doughnuts in deep lard. To serve, split open and serve with maple syrup. Only practice will make perfect ones.

MRS. RALPH MARTIN.

JAMES RIVER WAFFLES

2 cups flour	2 cups sour milk
$\frac{1}{4}$ teaspoon salt	6 tablespoons melted butter
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon soda
3 eggs	

Beat egg yolks until light, add sour milk in which soda has been dissolved. Measure and sift together flour, salt and baking powder and add to mixture and beat well. Add melted butter and fold in egg whites, stiffly beaten.

MRS ARTHUR MORRIS.

CAKES

ANGEL FOOD

- | | |
|-----------------------------|--------------------------------|
| 1 cup of egg whites | 1 level teaspoon cream of tar- |
| 1 cup Swans Down cake flour | tar (drug store) |
| 1½ cups granulated sugar | 1 teaspoon vanilla |
| | 1 teaspoon almond |

Sift sugar then measure; sift flour once; then measure and sift five times. Beat egg whites to a foam; add cream of tartar and beat until very stiff; add sugar gradually, then flavoring; fold in flour; bake in greased pan at 370 degrees for an hour. Invert the pan until cake is cold.

MRS. J. M. MILLER.

ANGEL FOOD CAKE

- | | |
|----------------------------|----------------------------|
| 1 glass flour (Swans Down) | 1/3 teaspoon each vanilla, |
| 1½ glasses sugar | almond and lemon flavor- |
| 1 running-over glass egg | ing |
| whites | 1 level teaspoon cream of |
| | tartar |
| | pinch of salt |

Sift flour five times before measuring. Sift sugar five times. Beat egg whites and salt with rotary whip until light; add cream of tartar and whip with wire beater until firm but not curdly. Add sugar a little at a time, folding in quickly; then add flour a little at a time, folding quickly; bake in angel food pan one hour; put in cold oven, turn lower oven element on high but do not use top element, set thermometer at 325. Before putting cake in oven, let pan drop on table 12 or 14 times; this prevents the large air holes often formed in angel food cakes.

MRS. HARRY HOLDEN.

MOONSHINE CAKE

- | | |
|---------------|---------------------|
| 1¼ cups sugar | 9 tablespoons water |
|---------------|---------------------|

Cook until mixture forms a thread in cold water

Nine egg whites beaten until dry. Pour syrup over them and beat until luke warm. Add beaten yolks of seven eggs alternately with flour. One cup Swans Down flour measured before sifting; 1 teaspoon cream tartar, half in flour and half in egg whites. Flavor to suit taste.

MRS. T. O. RUSSELL.

CHOCOLATE NUT ANGEL FOOD CAKE

- | | |
|----------------------------|--------------------------|
| 1¾ cups egg whites | ½ teaspoon vanilla |
| 1¾ cups sugar | ½ teaspoon almond |
| 1⅛ cups pastry flour | 1 tablespoon lemon juice |
| ¼ cup ground chocolate | 2 tablespoons cold water |
| 1 teaspoon cream of tartar | 1 cup chopped walnuts |
| ¾ teaspoon salt | |

Add lemon juice, water, salt and flavoring to egg whites before beating; beat until frothy; add cream of tartar; beat until they do not slip in bowl; add half of the chocolate to sugar and half to flour; sift both flour and sugar separately several times; add sugar gradually to egg whites; folding in carefully. Fold in flour gradually; fold in nut meats last. Bake in 275 degrees F., oven, for 40 minutes and raise to 325 degrees F. for 40 minutes.

MRS. HARRY TITUS.

CHOCOLATE ANGEL FOOD

1 $\frac{1}{4}$ cup egg whites	$\frac{3}{4}$ cup Swans Down flour sifted
pinch salt	5 times before measuring
1 teaspoon cream tartar	$\frac{1}{4}$ cup Bakers cocoa sifted with
1 $\frac{1}{2}$ cups sugar	flour
	vanilla

Beat egg whites stiff but not dry. Add cream of tartar when egg whites are frothy. Fold in sugar carefully and lastly flour and chocolate. Bake one hour at 300 degrees. MRS. WALTER HUMMEL.

SUNSHINE CAKE

6 eggs	1/3 teaspoon cream of tartar
1 cup sugar	1 teaspoon any flavoring
1 cup cake flour	pinch of salt

Separate eggs, beat yolks until thick and lemon colored; add salt to whites, beat until frothy, add cream of tartar and beat until stiff but not dry; add beaten yolks, sugar and carefully fold in flour which has been sifted once, measured, and then sifted five times; add flavoring and bake one hour in oven at 325 degrees F. MRS. F. A. BARKER.

SPONGE CAKE

1 cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup water, boil together	2 teaspoons baking powder
until it spins thread	1 teaspoon vanilla
3 eggs	$\frac{1}{8}$ cup cold water
1 cup flour	

Add syrup to stiff beaten egg whites. Beat until mixture is cold. Sift flour, salt and baking powder together three times. Beat yolks of eggs until thick; add flour mixture and egg yolks alternately to whites of egg mixture. Add cold water, flavoring and bake in slow oven one hour.

MRS. LOY ROWLING.

EASY SPONGE CAKE

3 eggs (beaten well together)	1 teaspoon baking powder
1 pinch salt	3 teaspoons hot water
1 cup sugar	1 teaspoon vanilla
1 cup flour (sift before measuring)	

Beat eggs and salt well. Add sugar. Add $\frac{1}{2}$ cup flour and then water. Add balance of flour with baking powder added. Add vanilla. Bake in buttered loaf pan in medium oven, 350 degrees for 45 minutes.

MRS. THOMAS CHAPMAN.

CHOCOLATE CAKE

- | | |
|--------------------------------------|-----------------------------------|
| 1 cup sugar | 2 rounded teaspoons baking powder |
| $\frac{1}{2}$ cup butter | |
| 2 eggs in cup and fill cup with milk | $1\frac{1}{2}$ cups flour |
| 2 squares chocolate, melted | 1 teaspoon vanilla |

Cream butter, add sugar, then add eggs, unbeaten, and milk; beat well, add chocolate and vanilla; add flour and last add baking powder in a little of the flour. Bake in layers 20 minutes.

Either white, boiled or beaten chocolate frosting.

MRS. H. T. HOLDEN.

CHOCOLATE NUT CAKE

- | | |
|--|---------------------------------|
| $1\frac{1}{4}$ cups sugar | $\frac{1}{8}$ teaspoon allspice |
| $\frac{1}{2}$ cup butter | 2 teaspoons baking powder |
| 3 eggs | 2 squares unsweetened chocolate |
| $\frac{3}{4}$ cup milk | |
| $1\frac{1}{2}$ cups flour (full measure) | $\frac{3}{4}$ cup nuts |
| $\frac{1}{4}$ teaspoon cinnamon | vanilla |

Cream butter and sugar, add egg yolks, beat well, add melted chocolate, sift dry ingredients 3 times (use Swans Down flour), add alternately with milk; add nuts and vanilla; add whites of eggs beaten stiff. Bake either in loaf or layer in moderate oven.

MRS. DAVID GRAHAM.

CHOCOLATE NUT CAKE

- | | |
|-----------------------------------|--------------------------------|
| 2 cups sugar | $\frac{3}{4}$ cup chopped nuts |
| $\frac{1}{2}$ cup butter | 1 cup milk |
| 4 eggs | $2\frac{1}{2}$ cups flour |
| 3 squares melted bitter chocolate | 4 teaspoons baking powder |
| | 1 teaspoon vanilla |

Cream butter and sugar well. Add the 4 well beaten egg yolks and beat again. Then add the chocolate and nuts and mix thoroughly. Add the milk and flour and baking powder which have been sifted together. Add last the egg whites and vanilla. MRS. FREDERICK STICKELS.

POTATO CAKE (LARGE)

- | | |
|----------------------------|----------------------------------|
| $\frac{2}{3}$ cup butter | 1 cup grated or ground chocolate |
| 2 cups sugar | |
| 2 cups flour | 1 cup walnuts chopped |
| 1 cup mashed potatoes warm | 1 teaspoon cinnamon |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ teaspoon cloves |
| 4 eggs | $\frac{1}{2}$ teaspoon nutmeg |
| | 2 teaspoons baking powder |

Cream butter and sugar, add potatoes, yolks of eggs beaten, then flour and milk, chocolate and seasoning. Fold in egg whites and add vanilla. Bake in moderate oven in greased loaf pan. Makes one large cake or two small ones. If baked in two pans, bake only one cake at a time as needed.

MISS AMY DUNN.

CHOCOLATE CAKE

1 egg	1 teaspoon soda
1 cup sugar	1 teaspoon vanilla
2 tablespoons butter	3 squares bitter chocolate
1 1/3 cups flour	1 cup sour milk

Cream butter and sugar, add well beaten egg, sift flour and soda, add alternately with sour milk, add melted chocolate. Bake in a moderate oven (350) for twenty minutes or a little longer.

FROSTING:

Cream 2 tablespoons butter, add 2/3 package powdered sugar, 2 rounded tablespoons cocoa and mix up with a little hot milk or cream until the right consistency, spread on cake.

MRS. ARCH BERNARD.

CHOCOLATE CAKE

2 cups brown sugar	1/4 cake unsweetened Baker's chocolate
1/2 cup melted butter	1/2 cup hot water
1/2 cup sour milk	1 teaspoon soda
2 eggs well beaten	1 teaspoon vanilla
2 cups flour	

Combine sugar, butter, milk, eggs and flour. Melt chocolate over hot water. Pour part of the 1/2 cup of hot water into melted chocolate and stir well until mixture is very thick. Add soda to remaining hot water. Bake in moderate oven.

Filling: 1/4 cake chocolate melted over hot water, 1 cup white sugar, 1 cup boiling water, 1 spoonful butter, 1 tablespoon corn starch in 1/2 cup cold water. When done divide in half and put nut meats in for filling and rest for top

MRS. NELSON MACDUFF.

CHOCOLATE LAYER CAKE

1/2 cup butter	1/2 cup ground chocolate
2 cups brown sugar	1/2 cup hot water
2 eggs	1 teaspoon soda
2 cups flour	1 teaspoon baking powder
1/2 cup sour or butter milk	

Cream sugar and butter, add egg yolks and 1 cup flour; add milk into which soda has been stirred, chocolate, melted in the hot water, the other cup flour and baking powder. Beat egg whites stiff and whip in cake mixture. Bake in moderate oven 25 minutes.

Filling for chocolate layer cake:

1/4 cup butter	1 cup walnuts chopped
1 cup powdered sugar	2 tablespoons cold coffee

Cream together, add nuts, put between layers.

Frosting for layer cake:

Two cups powdered sugar, moisten with cream, add 2 squares of bitter chocolate melted, butter size of an egg, cream well.

MRS. H. A. DUNBAR.

SPANISH WHIPPED CREAM CAKE

 $\frac{1}{2}$ cup butter

1 cup sugar

2 eggs

 $\frac{3}{4}$ cup milk $1\frac{3}{4}$ cups flour

3 teaspoons baking powder

1 tablespoon cocoa

1 teaspoon cinnamon

Cream butter and sugar, add beaten egg yolks, add alternately the milk and sifted dry stuffs. Fold in beaten whites. Bake in two layers 35 to 40 minutes.

Filling:

1 cup cream

 $\frac{1}{2}$ cup powdered sugar

4 tablespoons cocoa

vanilla

Mix cocoa and sugar with a little hot water, add to whipped cream and flavor.

MRS. H. A. DUNBAR.

CHOCOLATE CAKE

6 tablespoons Ghirardelli

chocolate dissolved in

5 tablespoons hot water

 $1\frac{1}{2}$ cups sugar $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup milk $1\frac{3}{4}$ cups flour

2 rounding teaspoons baking powder

4 eggs beaten separately

Icing: 1 pound powdered sugar, 2 tablespoons melted butter, 2 squares Baker's chocolate melted; hot coffee to make it the right consistency to spread.

MRS. JAMES BAKER.

CHOCOLATE CAKE

Beat to a cream a generous $\frac{1}{2}$ cup butter. Beat into this 1 cup sugar. Add 1 square Baker's chocolate melted, also 2 unbeaten eggs. Beat for five minutes. Then stir in $\frac{1}{2}$ cup milk and lastly $1\frac{1}{2}$ cups flour into which has been mixed 1 heaping teaspoon baking powder. 1 teaspoon vanilla. Bake $\frac{1}{2}$ hour in moderate oven, in loaf or two layers.

ICING—Chocolate Cake

2 cups powdered sugar

2 tablespoons Ghirardelli's

ground chocolate

3 tablespoons strong hot coffee

2 tablespoons melted butter

1 teaspoon vanilla

Mix ingredients in order given, beat until smooth and spread on cake.

MRS. CARL G. WASHBURNE.

DEVILS FOOD OR CREOLE CAKE

 $1\frac{1}{3}$ cups sifted Swans Down

cake flour

 $2\frac{1}{2}$ teaspoons baking powder $\frac{1}{4}$ teaspoon salt

1 cup sugar

2 eggs

3 tablespoons butter

2 squares melted chocolate

 $\frac{1}{2}$ cup milk

Sift flour once, measure, add baking powder and salt and sift together three times. Beat sugar gradually into egg yolks; add butter and chocolate and mix well. Add flour alternately with milk, a small amount at a time. Beat well after each addition. Fold in beaten egg whites and pour into 2 greased tins. Bake in moderate oven 325 degrees F. for about 20 minutes.

MRS. GROVER CORDZ.

MACAROOON CAKE

- | | |
|----------------------------|--------------------------------------|
| 8 level tablespoons ground | 2 cups flour-pastry |
| chocolate (dissolved and | 2 teaspoons baking powder— |
| set aside to cool) | level |
| 5 tablespoons hot water | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup butter | juice $\frac{1}{2}$ lemon or |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ teaspoon lemon extract |
| 4 eggs beaten separately | |

Cream butter and add 1 cup sugar, then cream to consistency of ice cream. Add other half cup sugar to well beaten yolks of eggs, then combine, add flavoring. Sift flour and baking powder together three times, then add alternately with the milk to first mixture, beat well. Add chocolate and beaten egg whites, folded in last. Bake in two layers and frost with seven-minute white icing, covered with melted chocolate, or fudge chocolate frosting. MRS. F. X. SCHAEFERS.

LADY BALTIMORE CAKE

- | | |
|--------------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter (scant) | 2 rounding teaspoons baking |
| $1\frac{1}{4}$ cups granulated sugar | powder |
| 1 cup cold water | 4 egg whites beaten stiff and |
| 3 cups Swans Down flour | folded in |
| (sift 3 times before | $\frac{1}{4}$ teaspoon almond extract |
| measuring) | MRS. G. S. BEARDSLEY. |

WHITE CAKE WITH NUT CUSTARD FILLING

- | | |
|--------------------------|---|
| 1 cup sugar | $1\frac{1}{2}$ teaspoons baking powder, |
| $\frac{1}{2}$ cup butter | sifted 3 times with flour |
| 1 cup sweet milk | whites of 3 eggs |
| 2 cups flour | |

Filling: Beat yolks of 4 eggs, $\frac{1}{2}$ cup milk, 3 tablespoons sugar. Cook until it thickens. Remove from stove and add $\frac{1}{2}$ cup chopped nuts. Use white of other egg for icing top of cake.

MRS. WEIR McDONALD.

WALNUT CAKE

- | | |
|---|------------------------------|
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ cups flour |
| 1 cup sugar | 2 teaspoons baking powder |
| stirred to cream | $\frac{1}{2}$ cup milk |
| 3 eggs separated | 1 cup finely chopped walnuts |
| Fold in egg whites, stiffly beaten, at last. Bake in moderate oven. | |
| | MRS. JAMES BAKER. |

WHITE CAKE

- | | |
|--------------------------|--------------------------|
| 2 cups sugar | 2 teaspoons cream tartar |
| $\frac{1}{2}$ cup butter | 1 teaspoon soda |
| 3 eggs | (dissolved in milk) |
| 1 cup sweet milk | 3 cups flour |

Cream sugar and butter, add eggs, then milk. Put cream tartar in flour. Makes nice layer or cup cakes. MISS IRENE APPLGATE.

WHITE CAKE

- | | |
|------------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 2 teaspoons baking powder |
| $1\frac{1}{2}$ cups powdered sugar | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup milk | 6 egg whites |
| 2 cups pastry flour | |

Cream butter with powdered sugar; add alternately a little at a time, milk and pastry flour which has been sifted with baking powder; add vanilla and fold in beaten egg whites. Bake in layer tins in moderate oven at 325 degrees F. twenty minutes; increase to 350 degrees F. last half of baking.

- | | |
|---------------------------|---|
| Fruit filling and icing. | $\frac{1}{3}$ cup raisins (cut in pieces) |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{2}$ cup shaved pecans |
| $\frac{1}{2}$ cup water | $\frac{1}{2}$ cup chopped figs |
| 3 egg whites beaten | $\frac{1}{3}$ teaspoon vanilla |

Boil sugar with water until syrup spins a thread; add slowly to egg whites, beating continually until cool; add raisins, pecans, figs and vanilla; spread between layers and on top and sides of cake. Makes three eight-inch layers

MRS. WILSON JEWETT.

LIGHT CAKE

- | | |
|---------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup milk |
| $1\frac{1}{2}$ cups sugar | $2\frac{3}{4}$ cups flour |
| 2 eggs | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup water | |

Cream butter and sugar together, add yolks of eggs, the water and milk and two cups of flour, beat five minutes. Then add four teaspoons of corn syrup and one teaspoon vanilla and $\frac{3}{4}$ cup flour with baking powder sifted in flour and beat a little; then add beaten whites of eggs. Bake in two layers in quick oven. Use any desired frosting. For a burnt sugar cake use burnt sugar syrup instead of corn syrup and add same syrup to frosting. This cake is fine with a cream pie filling spread between the layers and whipped cream on top, served with crushed fresh fruit at the side.

MRS. CURTIS HARRIS.

LILY CAKE

- | | |
|--|---------------------------------|
| $\frac{1}{3}$ cup butter | $1\frac{3}{4}$ cups flour |
| 1 cup sugar | whites 3 eggs or two whole eggs |
| $\frac{1}{2}$ cup milk | |
| $2\frac{1}{2}$ teaspoons baking powder | |

Mix as butter cake. This is a good standard cake mixture and may be varied as desired. Can be baked in loaf or sheets.

MRS. WALTER HUMMEL.

SOUR CREAM CAKE

- | | |
|-----------------------------|-----------------------|
| 2 eggs | 1 cup flour |
| 1 cup sugar | 1 level teaspoon soda |
| ground chocolate if desired | 1 cup sour cream |

Beat eggs very light, add sugar, flour and sour cream. This cake never fails.

MRS. ROBERT EARL.

ECONOMY CAKE

Break 2 eggs in a cup. Add 4 tablespoons canned cream, 1 tablespoon butter. Fill cup with cold water. Then sift and add to above mixture:

1½ cups flour
1 cup sugar
Bake in layers.

2 teaspoons baking powder
¼ teaspoon salt
MRS. WALTER HUMMEL.

GOLD CAKE

1 cup sugar
½ cup butter
8 egg yolks
1¾ cups Swans Down flour
2 teaspoons baking powder

½ cup milk
tablespoon lemon juice
1 teaspoon lemon or orange
extract

Cream butter and sugar. Add beaten egg yolks, flour and baking powder which has been sifted together. Add lemon juice and extract. Bake in moderate oven about 40 minutes in angel cake pan.

MRS. WALDO ADAMS.

QUICK CAKE

½ cup soft fat (scant)
1 1/3 cups brown sugar
2 eggs
½ cup milk
½ pound dates or
½ cup raisins

mix and sift:
1 2/3 cups bread flour
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon nutmeg

Put ingredients in bowl in order given and do not stir until all have been added. Beat for 3 minutes. Bake in a buttered or greased pan from 35 to 45 minutes. May be baked in muffin tins. One quarter cup cocoa may be added.

MRS. C. W. ROBBINS.

BURNT LEATHER CAKE

½ cup butter
1 cup sugar
3 eggs
1 cup cold water

2½ cups flour
2 teaspoons baking powder
3 tablespoons burnt sugar
1 teaspoon vanilla

Prepare burnt sugar by putting one cup of white sugar in a pan and cook until it forms a syrup and begins to smoke slightly. Remove from fire and add carefully one-half cup boiling water. Stir sugar constantly while cooking. Cream butter and sugar, add egg-yolks, well beaten. Sift flour and baking powder five times and add alternately with the cold water and the three tablespoons of burnt sugar. Fold in egg-whites beaten stiff. Bake in layers in moderate oven.

Frosting: Two cups white sugar and one-third cup cold water. Let these boil until a hard ball forms in water. Pour over the beaten whites of two eggs and flavor with three tablespoons burnt sugar.

MRS. FRANK JENKINS.

YELLOW LAYER CAKE

1 cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup milk
 $\frac{1}{4}$ cup water

$1\frac{1}{2}$ cups pastry flour with
 4 level teaspoons baking
 powder sifted 5 times
 8 egg yolks beaten until light.

This makes two large or three small layers.

MRS. GRANT ELGIN, Corvallis, Ore.

DATE NUT CAKES

Cream together 4 egg yolks and 1 cup powdered sugar, add 4 table-
 spoons flour, 1 teaspoon baking powder, 1 cup dates chopped, 1 cup wal-
 nuts broken and egg whites well beaten. Bake in slow oven one hour
 in a pan 6 inches square.

MRS. H. A. DUNBAR.

DATE CAKE

1 package dates
 2 cups walnuts
 2 big tablespoons butter
 2 cups sugar
 2 eggs beaten light

3 cups flour
 2 teaspoons soda
 2 cups boiling water
 vanilla

Bake in slow oven in loaf or small cakes. MRS. LOY ROWLING.

PRUNE CAKE

1 cup sugar
 4 tablespoons melted butter
 2 eggs
 $\frac{1}{2}$ cup prune juice
 $\frac{1}{2}$ cup cream

1 cup prunes cut into small
 pieces
 1 teaspoon soda put in prunes
 2 cups flour
 1 teaspoon cinnamon

Mix as any butter cake and bake in two layers.

MRS. KENNETH ABLES.

FIG CAKE (Husbands like)

$\frac{1}{2}$ pound figs cut in small
 pieces

$\frac{1}{2}$ pound raisins (seeded)
 (or 1 cup each)

Put the figs and raisins in a bowl and pour one cup of boiling water
 over them and add 1 level teaspoon soda. Let stand until cool. Add
 nuts if liked, when cooled.

Cake part:

$1\frac{1}{4}$ cups sugar ($\frac{1}{3}$ brown if
 liked)

$\frac{1}{2}$ cup butter
 cream together

Yolks of 3 eggs and white
 beaten together

$1\frac{3}{4}$ cups flour with
 1 level teaspoon baking
 powder
 1 teaspoon vanilla
 1 teaspoon lemon
 1 teaspoon cloves
 1 teaspoon cinnamon
 salt—a good pinch

Then lastly add fruit (figs and raisins). No milk required. Bake
 in square.

MRS. W. W. CALKINS.

BANANA CAKE

- | | |
|--|--------------------------|
| 1½ cups sugar | 1 cup crushed bananas |
| 2 cups cake flour | 1 cup walnuts (chopped) |
| 2/3 cup melted butter or half
Crisco | 4 teaspoons sour milk |
| 1 level teaspoon soda sifted
in flour 3 times | 2 eggs beaten till thick |

Melt shortening, add salt. Put flour in at 3 intervals. Add half nuts to mixture. Sprinkle the rest on top of the cake. Bake 45 minutes in slow oven.

MRS. HERALD WHITE.

ORANGE CAKE

- | | |
|--------------------|---------------------------|
| 1/3 cup butter | 1 tablespoon lemon juice |
| 1 cup sugar | 1¾ cups flour |
| 2 eggs | ½ teaspoon soda |
| ½ cup orange juice | grated rind of one orange |

Cream butter, add sugar gradually, add eggs beaten until thick and lemon colored. Sift flour and soda together four times, add alternately with combined fruit juices and rind to first mixture. Bake in moderate oven forty minutes. Cover with boiled orange frosting.

MRS. GEORGE HOPKINS.

APPLE CAKE

- | | |
|--------------------------|--------------|
| 1 cup flour | ½ cup sugar |
| 1 teaspoon baking powder | 1 pinch salt |

Sift the above ingredients together. Break 1 egg in a cup and fill with milk to ½ cup. Melt 1 tablespoon butter and 1 tablespoon shortening. Add egg and milk to center of flour mixture; stir well, add melted butter and shortening; add 1 teaspoon vanilla; mix until light color. Pour into buttered pan. Slice 7 medium size apples into thin pieces and push them close together in dough, pushing dough to edge of pan. Cover with sugar and cinnamon; sprinkle with ¾ cup chopped walnuts, and put 1 tablespoon melted butter over this. Bake in hot oven for 10 minutes, till edge hardens; then 30 minutes in a low oven. Cut in squares and serve with whipped cream.

MRS. T. I. CHAPMAN.

APPLESAUCE CAKE

- | | |
|---------------------|-------------------------|
| 2 cups flour | 3 tablespoons chocolate |
| 1 cup sugar | 1 tablespoon cornstarch |
| 1 teaspoon nutmeg | 1 cup chopped nuts |
| 1 teaspoon cloves | 1 cup chopped raisins |
| 1 teaspoon cinnamon | 1½ cups applesauce |
| 3 teaspoons soda | ½ cup melted butter |

Sift together the dry ingredients and add 1 cup chopped nuts and 1 cup chopped raisins. Stir well together, and add 1½ cups applesauce and ½ cup melted butter. Slow oven 1¼ to 1½ hours.

MRS. C. C. MCCORNACK.

APPLESAUCE CAKE

- | | |
|--------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter | 1 cup nuts |
| 1 cup sugar | $1\frac{3}{4}$ cups cake flour |
| 1 egg beaten light | 1 teaspoon soda |
| 1 cup raisins | $\frac{1}{2}$ teaspoon cloves |
| 1 cup currants | 1 cup hot apple sauce |

Cream the butter, beat in the sugar gradually, then add the well beaten egg and the fruit chopped and floured. Add flour sifted with soda and spices. Next the apple sauce which should be strained. Bake in a moderate oven.

MRS. HERALD WHITE.

SPANISH BUN CAKE

- | | |
|---------------------------|---------------------------------|
| 2 cups brown sugar | $\frac{2}{3}$ cup melted butter |
| 4 egg yolks | 2 egg whites |
| 1 cup sour milk | $2\frac{1}{4}$ cups cake flour |
| 2 teaspoons baking powder | $\frac{1}{2}$ teaspoon soda |
| 1 teaspoon cinnamon | 1 teaspoon cloves |
| 1 teaspoon vanilla | $\frac{1}{2}$ teaspoon salt |
| 1 cup nut meats | |

Meringue

- | | |
|-------------------|--------------|
| 1 cup brown sugar | 2 egg whites |
|-------------------|--------------|

Beat egg yolks, add sugar and beat well, then butter and beat well again. Sift the dry ingredients together and add alternately with the sour milk. Add vanilla and at last fold in the stiffly beaten egg whites. Turn into a large oiled pan and sprinkle the top with the cup of nut-meats, chopped. Cover the top with the meringue using the whole cup of brown sugar to the two egg whites. Bake at 350 degrees. Serve hot or cold.

MRS. ARTHUR A. ROGERS.

SPANISH BUN

- | | |
|--------------------------|--------------------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ teaspoon baking powder |
| cream together | $\frac{1}{2}$ teaspoon soda |
| 1 cup flour | 2 egg yolks |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup sour milk |

(To make sour milk add 1 tablespoon vinegar to $\frac{1}{2}$ cup sweet milk)

Mix as above and add whites of the 2 eggs beaten stiff. Put in buttered dripping pan and cover with $\frac{3}{4}$ cup brown sugar and 1 cup chopped walnuts. Bake in oven 250 degrees, 30 minutes or more. Cut in squares and serve with whipped cream.

MRS. T. I. CHAPMAN.

COFFEE CAKE

- | | |
|-------------------------------|-------------------------------|
| 1 cup sugar | 1 teaspoon soda |
| $\frac{2}{3}$ cup molasses | $\frac{1}{2}$ teaspoon cloves |
| $\frac{1}{2}$ cup butter | 1 teaspoon allspice |
| $2\frac{1}{2}$ cups flour | 1 teaspoon cinnamon |
| 1 cup raisins | 2 eggs |
| $\frac{1}{2}$ cup currants | $\frac{1}{2}$ teaspoon salt |
| $\frac{2}{3}$ cup cold coffee | |

Put soda in flour; add eggs last.

MRS. W. F. JEWETT.

COFFEE CAKE

- | | |
|--------------------------|-----------------------------|
| 1½ cups flour | ½ teaspoon soda |
| 1 cup sugar | 1 cup very thick sour cream |
| 1 egg | ½ teaspoon salt |
| 1 teaspoon baking powder | |

Sift flour 3 times then measure. Add sugar and baking powder and salt and sift again. Put in bowl and drop egg in center. Add sour cream to which soda has been added. Beat hard. Pour in greased pan and sprinkle over top ¾ cup sugar which has been mixed with finely chopped nuts and a little cinnamon. Bake in medium oven 25 minutes.

MRS. E. A. HIGGINS.

KISS KAKE

- | | |
|---------------------------|--------------------------|
| ½ cup butter | 5 tablespoons milk |
| ½ cup sugar | 1 cup flour |
| cream well | 1 teaspoon baking powder |
| add 4 unbeaten egg yolks, | flavoring to taste |
| beat well | |

Put into two layer pans. Make a meringue of 4 egg whites, beaten with a pinch of baking powder, 1 cup sugar and spread on the layers. Bake in a slow oven, between 45 and 60 minutes. Serve with fruit or berries between layers and whipped cream on top

MRS. GROVER CORDZ.

BLITZ TORTE

- | | |
|------------------------|--------------------------------|
| ½ cup shortening | 1 teaspoon baking powder |
| 1¾ cups powdered sugar | 3 tablespoons milk |
| 4 eggs | ½ cup chopped blanched |
| 1 teaspoon vanilla | almonds |
| 1 cup flour | 2 tablespoons granulated sugar |

Cream shortening and add ¾ cup powdered sugar gradually. Add well beaten egg yolks and vanilla. Mix and sift together flour, salt and baking powder and add alternately with milk. Spread in two thin layers. Make meringue by beating egg whites until very stiff and adding the remaining cup powdered sugar. Spread half the meringue on each layer. Sprinkle with chopped almonds and two tablespoons granulated sugar. Bake about 35 minutes at 325 degrees. Makes two eight inch layers. After taking from oven allow cake to cool gradually before removing from pans. Remove to serving plates, keeping meringue surface on top. Put lemon custard between layers.

MRS. HARRY PARSONS.

SWEIBACK CAKE

- | | |
|------------------|---------------------|
| 1 dozen Sweiback | 1 cup melted butter |
| 1 cup sugar | |

Roll Sweiback fine and mix with sugar and melted butter. Put mixture in bottom of oiled pan, saving enough for top.

Put one pound of cottage cheese through ricer, then add 1 table-

spoon flour, 1 cup sugar, vanilla, 6 egg yolks add one at a time. Beat well and add stiffly beaten egg whites. Spread this mixture on crumbs in bottom of pan and cover with remainder of the crumbs. Bake $1\frac{1}{2}$ hours in moderate oven. If desired serve with whipped cream.

MRS. WALTER HUMMEL.

NOVEL LAYER CAKE

First layer:	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup butter	1 teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt
2 beaten eggs	1 teaspoon vanilla

Mix like ordinary cake batter and spread $\frac{1}{2}$ inch thick over shallow pan.

Second layer:

1 egg white beaten stiff	$\frac{1}{2}$ teaspoon vanilla
1 cup brown sugar	$\frac{3}{4}$ cup finely chopped nuts

Fold sugar into egg whites and add vanilla. Spread over first layer and then sprinkle over with nuts and bake thirty minutes. Preheat oven 350 degrees. Reset to 375 degrees. Cut in squares when cold.

MRS. GROVER CORDZ.

QUICK FRUIT CAKE

2 cups sugar, brown	2 level teaspoons soda
2 cups cold water	$3\frac{1}{4}$ cups flour
1 cup shortening	2 cups English walnuts
1 package seeded raisins	orange and lemon peel,
2 teaspoons cinnamon	citron
1 teaspoon cloves	

Boil together for five minutes the sugar, water, shortening and raisins. Cool and add the cinnamon, cloves, soda, flour and walnuts; also a little orange and lemon peel and citron cut fine. Mix well and bake in very slow oven $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

MRS. JOHN CANNON, Astoria.

WHITE FRUIT CAKE

1 pound butter	1 pound candied cherries
1 pound sugar	1 pound candied pineapple
$1\frac{1}{4}$ pounds flour	9 eggs
1 pound white raisins	2 tablespoons baking powder
1 pound dates	1 cup blanched almonds
$\frac{1}{2}$ pound white figs	(cut lengthwise)
$\frac{1}{2}$ pound citron	juice and rind of 1 orange
$\frac{1}{2}$ pound orange and lemon	and 1 lemon
peel (together)	

Mix together sugar and butter. Drop in 1 egg unbeaten and 2 tablespoons flour (in which baking powder has been mixed) at a time until all eggs are added. Add orange and lemon juice and rest of flour. Line bread pans with two or three thicknesses of paper, oil or grease the paper and bake two hours, oven at $2\frac{1}{2}$ or 3 degrees. This makes six loaves.

MRS. DICK KIGER, Corvallis.

FRUIT CAKE

1 pound butter	1 pound candied cherries
1 1/4 pounds dark brown sugar	2 tablespoons cinnamon
1 pound flour	1/2 tablespoon ginger
12 eggs	1 tablespoon nutmeg
1/2 pound crystallized orange peel	1 tablespoon mace
1/2 pound crystallized lemon peel	1 1/2 tablespoons allspice
2 pounds currants	1/2 teaspoon cloves
2 pounds seedless white raisins	1 pound almonds
2 pounds large seeded raisins	1 pound walnuts (optional)
1 pound citron	1/2 teaspoon salt
1 pound crystallized pineapple	1/2 cup molasses
	1 cup brandy syrup or grape juice

Heat the orange and lemon peels and the citron and shave them. Blanch and shred almonds. Cut up the pineapple. Reserve some of the whole almonds and some pineapple and cherries for decorating the tops of the cakes. Mix the broken walnuts, shredded almonds and all the fruits together and dust with one cup flour. Sift the dry ingredients together several times. Cream the butter, and add the sugar gradually. Add the egg-yolks, well beaten, add the dry ingredients alternately with the molasses and grape juice or brandy flavoring mixed. If commercial brandy flavoring is used instead of grape juice, omit the salt. Stir in the fruits and nuts and lastly fold in the stiffly beaten egg-whites. Have the pans greased and lined with three layers of oil-paper. This will make about ten pounds of cake. If baked in small pans, bake from two to three hours in a slow oven, 250 to 300 degrees.

MRS. ARTHUR ROGERS.

GINGERBREAD

1 cup molasses	2 eggs
1/2 cup brown sugar	1 teaspoon baking powder
1/2 cup butter	1/2 teaspoon soda
2 cups flour	1/2 teaspoon cloves
1 cup nuts	1 teaspoon ginger (rounded)
1 cup raisins	1 teaspoon cinnamon

Mix and add 1 cup hot water to which soda has been added. Bake in shallow pan in moderate oven about 1/2 hour.

MRS. C. S. WILLIAMS.

GINGERBREAD

1 cup brown sugar	1 teaspoon baking powder
1/2 cup shortening	1 level teaspoon soda
1/4 cup molasses	1 teaspoon ginger
2 large cups flour	1 egg

Cream sugar and shortening. Measure molasses and fill remainder of cup with boiling water. Add to sugar mixture, then add flour and dry ingredients, then the egg, unbeaten. Bake in moderate oven.

MRS. A. F. RAPP.

FLUFFY GINGERBREAD

1 cup boiling water	1 tablespoon cloves
1 cup melted lard or butter	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	1 tablespoon ginger
2 eggs	1 cup molasses
$2\frac{1}{4}$ cups flour	

Mix beaten eggs, sugar and molasses and melted shortening. Then water and the dry ingredients, sifted. Serve hot or cold with whipped cream sprinkled with shaved candied ginger.

MRS. GROVER CORDZ.

FROSTED GINGERBREAD

1 cup molasses	1 teaspoon ginger
1 cup brown sugar	$\frac{1}{2}$ cup butter
1 cup sour milk	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups flour	$1\frac{1}{2}$ teaspoons soda
1 egg	

For frosting: Take 2 teacups brown sugar, $\frac{1}{2}$ cup water, boil till it waxes (quite a stiff ball) in cold water; then add the beaten white of 1 egg and 1 teaspoon of ginger. The frosting is brown, only a few shades lighter than the cake. Try it once and you will make it again.

MRS. NELSON MACDUFF.

TROPICAL GINGERBREAD

1 can cocoanut (southern style)	1 teaspoon soda
$\frac{1}{2}$ cup butter, or Crisco	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups flour
2 eggs	1 teaspoon ginger
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
	$\frac{1}{4}$ teaspoon salt

Cream butter and sugar well. Add 2 eggs unbeaten and beat all together. Combine soda and molasses and add to first mixture. Mix spices, salt and flour together and sift into first mixture, alternating with cold water. Stir in cocoanut. Pour into well greased pan lined with oil paper. Bake at 325 degrees for 35 minutes.

MRS. F. G. STICKELS.

HOT GINGERBREAD FOR TEA

1 cup molasses	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ cup sugar	1 teaspoon soda, salt, ginger,
$2\frac{1}{2}$ cups flour	and cinnamon to taste
1 egg (may be omitted)	
1 cup boiling water (add last)	

Mix and bake in moderate oven about forty-five minutes.

MRS. GEORGE HOPKINS.

DATE FILLING

1 cup dates

 $\frac{1}{2}$ cup sugar

Boiling water to partly cover and cook until tender.

When dates are tender, fold into 3 stiffly beaten egg whites; add 1 teaspoon vanilla. Nuts may be sprinkled over top.

MRS. JAMES BAKER.

ORANGE FROSTING

1 tablespoon cream

 $\frac{1}{2}$ teaspoon orange extract

1 cup sugar, powdered

pulp and rind of one orange

1 tablespoon melted butter

To the cream add the sugar slowly, orange pulp and rind and melted butter. Beat until smooth and spread on top of cake.

MRS. ADELE DYOTT HART, New York City.

ORANGE ICING

3 tablespoons orange juice

3 tablespoons melted butter

3 tablespoons cream

Grated rind of half an orange; stir together in a platter; with a fork work in powdered sugar until thick enough to spread.

MRS. J. M. MILLER.

CARAMEL FROSTING

2 cups brown sugar

small piece butter

 $\frac{1}{2}$ cup cream

Stir constantly until soft ball forms in water. Beat until right consistency to spread.

MRS. FRANK JENKINS.

CARAMEL FROSTING

1 cup brown sugar

 $\frac{3}{4}$ cup cream, or top milk

1 cup white sugar

pinch cream of tartar

Let boil until forms a soft ball in cold water. Remove from fire and beat until creamy. If it begins to harden too quickly for spreading, add little milk.

MRS. ROBERT NEIGHBOR.

TWICE COOKED FROSTING

1 cup sugar

2 egg whites

 $\frac{1}{2}$ cup water

pinch cream of tartar

Cook syrup to thread stage. Beat into stiffly beaten egg whites. Beat until stiff. Put in double boiler and cook again until it adheres to side of pan. Beat well. This may be kept for a week in covered jar without becoming grainy.

MRS. WALTER HUMMEL.

WHIPPED CREAM FROSTING

Beat three egg whites stiff and sweeten to taste. Whip $\frac{1}{2}$ pint cream and mix with egg whites. Flavor and spread on cake. If desired sprinkle with chopped nuts. This is nice for sheet cakes.

MRS. GEORGE SCHAEFFERS.

FLUFFY ICING

1 cup sugar	$\frac{1}{4}$ teaspoon light corn syrup
$\frac{1}{2}$ cup boiling water	$\frac{1}{8}$ teaspoon cream of tartar
1 egg white	

Boil sugar and water and Karo syrup, without stirring, until it forms a soft ball in cold water. Beat egg white stiff and add cream of tartar, while syrup is cooling. Pour slowly over egg whites. For two layer cake double the amount.

MRS F. A. BARKER.

SEVEN MINUTE ICING

1 egg white	1 cup sugar
3 tablespoons water	

Put all in double boiler; beat with egg beater about 7 minutes or until ready to spread.

MRS. WILL MOXLEY.

CHOCOLATE ICING

2 squares chocolate	1 tablespoon butter
1 egg	4 tablespoons cream
1 cup sugar	1 cup walnuts, chopped fine

Melt chocolate in double boiler. Mix egg beaten with sugar in a bowl with the butter and cream. Beat well and pour over chocolate and cook over fire to boiling point, stirring constantly. Remove from fire and beat until thick enough to spread. Add nuts and spread on cake.

MRS. DAVID EVANS.

CHOCOLATE ICING

2 cups powdered sugar	3 tablespoons ground
1 tablespoon butter	chocolate.

Cream together and add sweet milk or coffee until just right to spread.

MRS. FREDERICK STICKLES.

COOKIES

CHOCOLATE ICE BOX COOKIES

- | | |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ cup shortening | 2 squares melted chocolate |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{4}$ cup milk |
| 1 egg | 2 level teaspoons baking powder |
| $2\frac{1}{2}$ cups flour | |
| $\frac{1}{2}$ level teaspoon salt | |

Cream the shortening, add sugar and mix thoroughly. Add the well beaten egg, salt and melted chocolate. Beat well, then add alternately the milk and remaining dry ingredients sifted together three times. Shape into rolls. Keep in ice box over night or until firm. Cut into thin slices and bake ten minutes in a hot oven, 375 degrees. Nuts or raisins placed on top before baking make a good variation, especially blanched almonds.

MRS. F. M. CARTER.

SOFT CHOCOLATE COOKIES

- | | |
|--------------------------------|-----------------------------|
| 1 cup sugar | 1 egg and 1 yolk |
| $\frac{1}{2}$ cup butter | $\frac{2}{3}$ cup milk |
| 4 oz. or squares of chocolate. | $\frac{1}{4}$ teaspoon salt |
| $1\frac{3}{4}$ cups flour | $\frac{1}{2}$ teaspoon soda |

Cream butter, add sugar and cream well, add beaten egg and yolk, then the melted chocolate. Sift the dry ingredients together and add alternately, with the milk. Drop by spoonfuls on an oiled baking sheet.

Place in an oven of 300 degrees. Frost with a dab of fudge frosting, when they have cooled.

MRS. ARTHUR A. ROGERS.

CHOCOLATE ICING FOR SOFT CHOCOLATE COOKIES

- | | |
|----------------------------------|-------------------------------|
| 1 cup powdered sugar | $\frac{1}{4}$ cup thick cream |
| 2 oz. (squares) bitter chocolate | 2-4 tablespoons melted butter |
| few grains salt | 1 tablespoon vanilla |

Melt the chocolate; if the cream is very thick only 2 tablespoons of butter is necessary; Mix $\frac{1}{2}$ cup of sugar with the cream and beat hard, add the chocolate and butter and beat, then the second $\frac{1}{2}$ cup of sugar and salt and beat. Lastly add the vanilla. Place a small or rather $\frac{1}{2}$ teaspoon of this on the center of each cookie and it will stand up like a chocolate cream.

MRS. ARTHUR A. ROGERS.

BROWNIES

- | | |
|----------------------------------|------------------------|
| 1 cup sugar | 1 scant cup flour |
| $\frac{1}{2}$ cup butter | salt |
| 2 eggs | vanilla |
| 1 teaspoon baking powder | $\frac{3}{4}$ cup nuts |
| $1\frac{1}{2}$ squares chocolate | |

Bake in moderate oven, in a pan 14 inches by 10 inches.

MRS. VICTOR PETTERSON.

CHOCOLATE COOKIES

- | | |
|--|---------------------------|
| 1½ inches butter off pound | 2 eggs beaten very stiff. |
| 2 squares chocolate. Melt
both in double boiler | |

Put into them 1 cup sugar and vanilla. Then pour in melted mixture. Add 1 cup flour and 1 cup nut meats. Spread in buttered pan about 10 inches square and bake slowly 30 minutes.

MRS. EMMA DRAIN.

NUT BAR

- | | |
|-----------------------------|--------------------------|
| 1¾ cups sugar | 5 eggs |
| 1 cup butter | ½ teaspoon baking powder |
| 2 heaping tablespoons cocoa | 2 cups nuts |
| 1 cup flour | |

Cream sugar and butter. Add eggs separately, beating after each addition. Add flour and rest of ingredients.

MRS. JAMES H. BAKER.

CHOCOLATE BARS

- | | |
|---|--------------------|
| 2 eggs, beaten light | ½ cup flour |
| 1 cup sugar | 1 cup nuts |
| ½ cup melted butter | 1 teaspoon vanilla |
| 2 squares chocolate melted
with butter | |

Spread on cookie sheet and bake in moderate oven 350 degrees.

MRS. A. F. RAPP.

PIN WHEEL COOKIES

- | | |
|--------------------|----------------------------|
| ½ cup butter | 1½ cups flour |
| ½ cup sugar | 1½ teaspoons baking powder |
| 1 egg yolk | ½ teaspoon vanilla |
| 3 tablespoons milk | |

Cream butter and sugar. Add the egg. Sift together the flour and baking powder and add alternately with the milk. Divide dough into halves. To one-half mixture add 1 square melted chocolate. Roll white and chocolate dough into thin rectangular sheet. Place chocolate over white and gently press together. Roll like jelly roll. Let stand over night in ice box. Slice and bake in hot oven 8 to 10 minutes.

MRS. DAVID GRAHAM.

CHOCOLATE FUDGE COOKIES

- | | |
|--|---------------------------|
| 1 cup flour (sift before
measuring) | 2 eggs, beaten separately |
| 1 cup sugar | ⅛ teaspoon salt |
| ½ cup butter | 1 tablespoon vanilla |
| 2 squares Baker's unsweetened
chocolate | ½ cup chopped nuts |

Combine sugar, melted butter and melted chocolate. Cool slightly, add egg yolks well beaten, then flour and salt. Fold in whites, add vanilla, put in greased pan. Sprinkle with chopped nuts and press

them into batter, bake for 35 minutes, having oven fairly hot for first few minutes of baking then finish slowly. Remove from oven and cool for 10 minutes, then cut into squares at once or cookies will harden in pan.

MRS. EUGENE KELTY, Klamath Falls, Oregon.

CHOCOLATE COOKIES

3 tablespoons melted butter	2 tablespoons Ghirardelli's
2 eggs	chocolate
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon (scant)	$\frac{1}{2}$ cup sour milk
1 teaspoon vanilla	$\frac{1}{2}$ teaspoon soda
	$1\frac{3}{4}$ cups flour

Sift soda with flour and mix with other ingredients in order given. Roll and bake in oven that has been pre-heated to 400 degrees. Bake, with top and bottom elements turned on medium.

MRS. JOHN CANNON, Astoria.

DATE CAKES

1 cup dates	1 cup nuts
1 teaspoon soda	1 egg
1 cup boiling water	$1\frac{1}{2}$ cups flour
1 tablespoon butter	1 teaspoon vanilla
1 cup sugar	

Sprinkle soda over top dates and pour boiling water over them. Let cool. Add butter, sugar and nuts, broken into pieces. Beat eggs well and add; then sifted flour and vanilla. Bake 25 minutes in a moderate oven. Serve with whipped cream.

MRS. EUGENE KELTY.

DATE TARTS

1 cup sugar	1 cup walnuts chopped
1 cup dates cut small	3 eggs beaten separately
1 rounded teaspoon baking powder	1 cup of flour

Mix and bake in a pan 10 inches square. Cut in desired sizes and roll in powdered sugar.

MRS. CURTIS HARRIS.

DATE TARTA

1 cup brown sugar	$\frac{3}{4}$ cup sifted flour
1 cup dates (cut up)	1 teaspoon baking powder
1 cup nuts (cut up)	2 eggs

Beat the eggs lightly and stir in sugar. Add baking powder to flour and sift again and add a pinch of salt. Then add flour to sugar and eggs. Line pan with heavy paper and butter well. Bake 35 minutes in a moderate oven. Lift paper out and cut in bars when slightly cool.

MRS. F. A. BARKER.

SLICE DATE COOKIES

1 cup butter	1 cup chopped dates
2 cups brown sugar	3½ cups flour
2 eggs	1 teaspoon soda
1 teaspoon salt	1 teaspoon vanilla
1 cup chopped walnuts	

Cream the butter, add sugar and mix well; add the well-beaten eggs. Add the nuts and dates and then the flour which has been sifted with salt and soda. Toss on a floured board and form into 2 long rolls. These rolls should be a little smaller than the desired size of the cookies. Wrap in waxed paper to chill over-night. To bake, slice thin and bake in hot oven (375 degrees) about ten minutes. Makes about 8 dozen small cookies.

MRS. CARL G. WASHBURN.

DATE BAR

1 cup sliced dates	1 level teaspoon baking powder
1 cup walnuts (cut fine)	
1 cup powdered sugar	1 teaspoon vanilla
3 tablespoons flour	2 eggs, beaten separately

Mix and pour in shallow pan 8½ inches by 11½ inches and bake in 325 degree oven 20 minutes. Cut while hot and roll in powdered sugar.

MRS. FRANK JENKINS.

DATE TEA CAKES

24 dates	2 tablespoons sugar
12 marshmallows	2 tablespoons butter
2 cups flour	1/3 to 2/3 cup milk
4 teaspoons baking powder	1 egg yolk
½ teaspoon salt	½ cup chopped almonds

Remove pits from dates and replace with half a marshmallow. Sift flour, baking powder, salt and sugar together. Cut in butter with knife or rub with tips of fingers. Add milk and mix. Roll out to one-half inch thickness and cut in rounds. In the center of rounds place a stuffed date, moisten edges fold one-half over the other. Brush tops with beaten egg yolks and sprinkle with nuts. Bake in greased pan about fifteen minutes in hot oven.

This makes about 24 cakes.

MRS. FRANK DUNN.

DATE FANCIES

1½ cups flour	½ cup shortening
1½ cups rolled oats	1 teaspoon soda
1 cup brown sugar	a little salt

Mix well with hands until fine. Put one-half on the bottom of an 8 by 10 inch cake pan and pack down hard with hands. Spread on this:

1 pound dates, stoned	½ cup water
¾ cup sugar	a little salt

Cook the dates, etc., until soft and spreadable. Cover this with the remainder of the dry material. Cook about 20 minutes in a moderate oven. This will keep indefinitely and is delicious to serve with tea or as a dessert with whipped cream.

MRS. JOHN STARK EVANS.

DATE COOKIES

- | | |
|--------------------------|---------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup butter | 2 teaspoons baking powder |
| 2 cups oatmeal | flour enough to roll thin |
| $\frac{1}{4}$ cup Crisco | |

Part 2: 1 pound dates, 1 cup sugar, 1 cup water. Cook together until paste. Mix part one as butter cake and roll to $\frac{1}{8}$ inch thickness. Spread with date paste. Cover with another $\frac{1}{8}$ thickness of dough and cut in small squares and bake in slow oven.

MRS. WALTER HUMMEL.

FROZEN COOKIES

- | | |
|------------------------|------------------------------|
| 1 cup granulated sugar | 1 teaspoon baking powder |
| 1 cup brown sugar | 1 teaspoon each cinnamon and |
| 1 cup lard | cloves |
| 1 cup butter | 6 cups flour |
| 3 eggs | 1 cup each raisins and nuts |
| 1 teaspoon soda | |

Roll into two loaves and set in ice box over night. Next morning slice in thin slices and bake on cooky sheet.

MRS. HERALD WHITE.

ICE BOX COOKIES

- | | |
|--------------------------------------|---------------------------|
| 1 cup brown sugar | 2 teaspoons soda |
| 1 cup white sugar | 1 teaspoon cinnamon |
| $1\frac{1}{2}$ cups Crisco or butter | 1 cup chopped almonds or |
| 1 teaspoon salt | walnuts |
| 3 eggs well beaten | $4\frac{1}{2}$ cups flour |

Cream sugar and shortening *very well*. Add eggs slowly, then flour. Bake in relays as desired. Keep roll in the ice box and slice when needed.

MRS. JOHN STARK EVANS.

SCOTCH SHORT BREAD

- | | |
|---|--------------|
| $\frac{1}{4}$ lb or $\frac{1}{2}$ cup brown sugar | 4 cups flour |
| $\frac{1}{2}$ lb. butter | |

Mix well and press into three cakes and bake in slow oven. When cool break into small pieces.

MRS. LOY ROWLING.

FUDGE COOKIES

- | | |
|---------------------|-------------------------|
| 7 cups sifted flour | 1 tablespoon each cream |
| 4 cups brown sugar | tartar and soda |
| 1 cup butter | 1 teaspoon vanilla |
| 4 eggs beaten | |

Mix and make into rolls. Let stand about one hour and cut and bake. Nuts may be added.

MRS. DICK KIGER, Corvallis.

BUTTER SCOTCH COOKIES

$\frac{1}{4}$ cup butter melted
 Drop in whole egg and beat well.
 1 cup flour
 1 teaspoon baking powder
 1 teaspoon vanilla
 Bake in sheets

1 cup sugar added and cooled.
 Add:
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup walnuts
 MRS. WALTER HUMMEL.

BUTTER SCOTCH COOKIES

$\frac{1}{2}$ cup shortening
 2 cups brown sugar
 2 eggs
 2 teaspoons vanilla
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ tablespoon soda
 $\frac{1}{2}$ tablespoon ginger
 4 cups sifted flour
 chopped nuts

Cream shortening and sugar thoroughly. Add eggs well beaten and beat well, then vanilla, and lastly the sifted dry ingredients. Shape into rolls, brush with beaten egg and roll firmly in the nuts, chopped fine. Wrap in waxed paper and leave in the icebox over night. Slice as thin as possible, and bake in an oven of 400 degrees, about ten minutes. This makes 8 or 9 dozen cookies.

MRS. ARTHUR A. ROGERS.

CHOCOLATE NUT KISSES

2 whites of eggs beaten stiff
 1 cup powdered sugar

$\frac{1}{2}$ cup ground chocolate
 1 cup chopped walnuts

Drop from spoon and bake in buttered pan in moderate oven for 15 minutes

MISS AMY DUNN.

DATE KISSES

2 egg whites
 1 cup powdered sugar

1 cup broken walnut meats
 1 cup chopped dates

Beat egg whites stiff with a pinch of cream tartar. Add other ingredients in order given. Drop from a teaspoon on to buttered pans and bake until delicately brown in a slow oven. Makes $2\frac{1}{2}$ dozen kisses.

MRS. E. O. IMMEL.

CORNFLAKE MACAROONS

1 cup sugar
 whites of 3 eggs beaten
 very stiff
 3 cups Kellogg's Corn Flakes

1 cup cocoanut
 1 cup chopped nuts
 1 teaspoon vanilla

Drop on buttered pan. Bake in very slow oven.

MRS. LOY ROWLING.

CORNFLAKE COOKIES

2 eggs
 $\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup white sugar
 1 cup nuts

Corn flakes to make a stiff dough. Drop on the bottom of well greased and floured pan and bake.

MRS. VICTOR PETTERSON.

CHOCOLATE MARGUERITES

- | | |
|-----------------------|--------------------------------|
| 1 egg beaten well | 2 teaspoons ground chocolate |
| 1 cup powdered sugar | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup chopped walnuts | |

Spread mixture on crackers and put into oven for few minutes, until crackers are toasted.

MRS. CARL G. WASHBURNE.

COCOANUT OATMEAL COOKIES

- | | |
|-----------------------------|--------------------------------------|
| To 1 tablespoon soft butter | $\frac{1}{2}$ teaspoon baking powder |
| add | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup sugar | pinch salt |
| 1 beaten egg and mix well | $\frac{1}{4}$ cup nut meats |
| and add | $\frac{1}{4}$ cup cocoanut |
| 1 cup rolled oats | |

Drop on inverted greased pans and bake in moderate oven until brown.

MRS. ROBERT NEIGHBOR.

OATMEAL COOKIES

- | | |
|----------------------------|------------------------|
| 1 cup brown or white sugar | 1 cup raisins and nuts |
| $\frac{1}{2}$ cup butter | 5 tablespoons water |
| $\frac{1}{2}$ cup Crisco | 2 eggs |
| 2 cups flour | 1 teaspoon soda |
| 2 cups oatmeal | |

Drop from spoon on buttered pan and bake

MRS. DAVID B. EVANS.

OATMEAL COOKIES

- | | |
|---|------------------------------|
| 1 cup brown sugar | 1 $\frac{1}{2}$ cups raisins |
| 1 cup shortening | 2 eggs |
| 1 $\frac{1}{2}$ teaspoons baking powder | 2 cups flour |
| $\frac{1}{2}$ teaspoon soda | 1 teaspoon cinnamon |
| 2 cups oatmeal | 4 tablespoons boiling water |

Measure the shortening before melting, mix in the order given; add the soda which has been dissolved in the boiling water. Drop from a spoon onto an oiled sheet and bake in a moderate oven.

MRS. WARREN D. SMITH.

SOFT MOLASSES COOKIES

- | | |
|-----------------------|-------------------------------|
| 1 cup shortening | 1 teaspoon salt |
| 2 cups brown sugar | 1 teaspoon cinnamon |
| 1 cup molasses | $\frac{3}{4}$ teaspoon ginger |
| 1 egg | $\frac{3}{4}$ cup hot water |
| 5 cups flour (sifted) | 1 teaspoon soda |

Cream shortening with the sugar, add the molasses and beat well. Add the egg unbeaten, and beat well. Sift the dry ingredients, except the soda, together, and add alternately, with the hot water, in which the soda has been stirred. Drop by spoonfuls on a greased baking sheet and bake in a moderate oven 325 degrees.

Boys like these cookies

MRS. ARTHUR A. ROGERS.

SUGAR COOKIES

1 cup butter	1 tablespoon water
2 cups sugar	dash cinnamon and nutmeg
4 eggs	1 teaspoon soda
2 tablespoons vinegar	flour

Cream butter and sugar, add vinegar, water and eggs slightly beaten. Sift soda with flour enough to make a soft dough when added to above mixture. Chill well, roll and bake.

MRS. GEORGE SCHAEFERS.

LEMON COOKIES

6 eggs beaten together	3 pounds flour
2 pounds brown sugar, add to eggs and beat	2 teaspoons cream of tartar.
1 pound butter melted, added to above	1 teaspoon soda dissolved in
	2 tablespoons hot water
	$\frac{1}{2}$ teaspoon salt
	20c worth oil of lemon.

Roll very thin.

MRS. E. A. HIGGINS.

WHIPPED CREAM COOKIES

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup butter	2 teaspoons baking powder
2 eggs	

Mix soft with flour (two cups or thereabouts). Cut open while hot and fill with flavored whipped cream. Let stand an hour before serving.

MRS. HARVARD MOORE.

FROSTED CREAM COOKIES

1 cup brown sugar	1 cup of sour cream
$1\frac{1}{2}$ cups molasses	3 teaspoons soda
1 cup butter or lard (or half and half)	1 teaspoon cinnamon
2 egg yolks	1 teaspoon ginger
	flour for soft dough.

Roll about one quarter of an inch thick.

Frosting—one and one-half cups powdered sugar, two egg whites.

MRS. CHARLES HARDY.

VANILLA WAFERS

$\frac{1}{3}$ cup equal portions butter and lard	2 cups flour
1 cup sugar	2 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup milk	2 teaspoons vanilla

Mix as butter cake. Drop off spoon on buttered baking pan and bake in medium oven.

MR. WALTER HUMMEL.

DROP COOKIES

1 cup shortening	1 teaspoon nutmeg
$1\frac{1}{2}$ cups brown sugar	1 cup walnuts
3 eggs	1 cup seedless raisins
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup boiling water
1 teaspoon soda	

Pour water over raisins, cover and set aside. Cream shortening and sugar. Add eggs, beating in one at a time. Add other ingredients, reserving $\frac{1}{2}$ cup of flour to put in last with raisins.

MRS. CHARLES HARDY.

WALNUT WAFERS

1 cup walnuts (cut up)	2 eggs
1 cup brown sugar	pinch of salt
3 tablespoons flour	

Beat eggs very light (together) and add sugar, flour and walnuts. Bake in a quick oven and brown under broiler.

MRS. F. A. BARKER.

SOUR CREAM COOKIES

$\frac{1}{2}$ cup shortening	1 cup sour cream
2 cups sugar	5 cups flour
2 eggs	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon soda	flavoring

Cream the shortening and the sugar together, and add the eggs slightly beaten. Add the soda dissolved in the sour cream, then enough flour sifted with the baking powder to make a soft dough. Flavor with grated nutmeg and $\frac{1}{2}$ teaspoon of lemon extract or with just grated orange peel. Drop from spoon, bake in hot oven. Nuts, raisins and spice may be used making a good spice cooky.

MRS. F. M. CARTER.

ROCKS

$1\frac{1}{2}$ cups sugar	1 teaspoon soda dissolved in
1 cup butter	little hot water
$2\frac{3}{4}$ cups flour	1 teaspoon cinnamon
3 eggs	1 cup raisins
	1 cup nuts

Cream butter and sugar and add in order given. Drop in small dots on baking sheet and bake in moderate oven.

MRS. WALTER HUMMEL.

APRICOT COOKIES

1 cup shortening	2 cups flour—measured
$\frac{2}{3}$ cup sugar	unsifted
3 egg yolks	1 teaspoon almond flavoring.
	$\frac{1}{2}$ teaspoon baking powder.

Cream shortening and sugar. Add beaten egg yolks. Sift in flour and roll out on waxed paper $\frac{3}{8}$ inch thick. Spread with apricot jam and cover with thinner layer of cookie dough. Pinch edges. Spread top with milk. Bake in hot oven 15 to 20 minutes. Cut in squares.

MRS. HARRY HOLDEN.

RUM CAKES

10 eggs	1 teaspoon baking powder
2 cups sugar	juice of one lemon
2 cups flour	whipping cream

Beat eggs separately, then add sugar to yolks and beat again. Add lemon juice to this mixture, then the stiffly beaten egg whites and

lastly fold in the flour in which the baking powder has been sifted.

Bake in small individual tins. When done remove tops and scoop out center to fill with whipped cream. Replace tops and ice.

Icing: 2 cups powdered sugar, 1 egg white, juice of 1 lemon, 1 tablespoon of rum flavoring. Blend to right consistency. Makes 8 dozen cakes.

MRS. F. A. BARKER.

GOLD TEA CAKES

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup sugar

4 egg yolks

$\frac{7}{8}$ cup flour

1 teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

1 teaspoon orange flavoring

or grated rind of orange

Cream butter, add sugar a little at a time, add well beaten egg yolks to which salt is added, sift in flour in which baking powder has been mixed, a little at a time, alternating with milk. Bake in small, fancy cake tins and cover with frosting. Bake 20 minutes with oven at 350. This makes 8 good-sized cakes and is especially nice recipe to use following an angel food cake.

MRS. HARRY HOLDEN.

DOUGHNUTS

1 quart flour

2 eggs

1 large cup sugar

1 teacup milk

little salt

piece of butter size of egg

2 teaspoons baking powder

flavor with nutmeg

This will make 60 to 70 doughnuts.

MRS. W. F. JEWETT.

ICE BOX DOUGHNUTS

6 eggs

1 cup sour cream

$1\frac{1}{2}$ cups sugar

1 teaspoon soda

1 teaspoon nutmeg

1 teaspoon salt

flour enough to roll

Beat eggs well, add cream and sugar a little at a time. Add soda, salt and nutmeg to flour. Knead stiff. Put in ice box and use as desired.

MRS. JOSEPH H. KOKE.

DOUGHNUTS

1 cup sour cream

1 cup buttermilk or sour milk

1 cup sugar

2 eggs, beaten

$\frac{1}{2}$ teaspoon salt

1 level teaspoon soda

$\frac{1}{4}$ teaspoon baking powder

in flour enough so batter

can be taken out and

rolled.

Roll and cut with doughnut cutter and fry in deep fat.

MRS. LOY ROWLING.

CANDY AND CONFECTIONS

FUDGE

2 cups sugar
2 squares Baker's unsweetened
chocolate

$\frac{3}{4}$ cup milk
butter size of an egg.

Boil until it forms a soft ball in water. Let stand until cold—about two hours. Beat until stiff. Add nuts if desired.

MRS. HERALD WHITE.

FUDGE

3 cups white sugar
 $1\frac{1}{2}$ cups milk (or condensed
cream diluted with water
half and half)
1 teaspoon butter

3 tablespoons Bakers cocoa
pinch of salt
 $\frac{1}{2}$ teaspoon cream of tartar
1 teaspoon vanilla

Mix all together. Allow to cook until it forms a soft ball in water. Remove from stove and place in a pan of cold water and when luke warm put in 1 teaspoon of butter and 1 teaspoon of vanilla and beat until dry and firm.

MRS. G. E. LEHMAN.

SHORT CUT FUDGE

3 squares unsweetened
chocolate
1 $\frac{1}{3}$ cups (1 can) Eagle
Brand condensed milk
 $1\frac{1}{2}$ teaspoons butter

1 tablespoon vanilla
2 cups confectioners' sugar
 $\frac{1}{2}$ cup chopped peanuts or
other nuts
 $\frac{1}{2}$ cup chopped dates

Melt chocolate in a double boiler. Add Eagle Brand condensed milk and cook for five minutes, stirring occasionally, until mixture thickens. Remove from fire, add butter and vanilla and work in confectioners' sugar. Fold in chopped nuts and dates. Pour into a shallow buttered pan. Chill. Cut in squares for serving.

MRS. C. W. ROBBINS.

FUDGE

Put in a saucepan 2 squares of Baker's unsweetened chocolate and about one-third as much butter. Melt, stirring all the time to prevent burning. Remove from fire and add enough sugar to make it the shade of brown wished when fudge is done, or about 2 cups. Mix thoroughly, then add milk until it is the consistency of thick cream. Return to fire and bring *slowly* to a boil, stirring all the time to be sure every sugar crystal is dissolved. Then stir occasionally until done. It is done when it forms a medium soft ball when tried in cold water. Set in a pan of cold water until cool. Add vanilla and pinch of salt. Then beat until creamy. Add walnuts and spread on waxed paper. If the shelled nuts have been roasted in the oven a few minutes it makes them more crisp and delicious.

MRS. WILL MOXLEY.

FUDGE

2 cups sugar
1 teaspoon vanilla
3 tablespoons butter
 $\frac{3}{4}$ cup sweet milk

1 square of chocolate
1 teaspoon glucose or corn
syrup

Shave the chocolate and mix it with sugar, milk and glucose. Place over heat, stir until all ingredients are dissolved and boil to the soft ball stage, stirring occasionally to prevent burning. Remove from the heat, add butter and vanilla. Let stand until cool. Beat until stiff, mold and cut into any desired shape.

MRS. E. A. HIGGINS.

CREAM CARAMELS

2 cups sugar
2 cups light corn syrup
 $\frac{1}{2}$ cup butter

$\frac{1}{4}$ teaspoon salt
2 cups evaporated milk
1 teaspoon vanilla

Mix together in a saucepan the sugar, syrup, butter, and salt. Place over fire and bring slowly to the boiling point, stirring frequently. Add the evaporated milk slowly, so that the mixture will not stop boiling. Cook to 242 F. or the firm ball stage, stirring constantly. The candy becomes very thick and will burn easily unless well stirred. Add vanilla and pour into buttered pans. When the mixture becomes slightly cool, mark in squares. Cut when cold and wrap in waxed paper. A cup of nut meats may be added just before pouring into pans.

MRS. DAVID EVANS.

CARAMELS

1 can Eagle Brand (con-
densed) milk

3 dessert spoons corn syrup
 $\frac{1}{2}$ cup butter

1 cup brown sugar

Mix and bring to boil, stirring constantly, until it forms a firm ball in cold water, 246 degrees F. Put in buttered tins and cut in squares. Cook to the brittle stage for butter scotch, 260 degrees F.

MRS. C. S. BENJAMIN.

CARAMELS

2 cups sugar
1 cup Karo syrup—blue
wrapper
butter size of butternut

2 squares chocolate (melted)
1 cup cream
2 teaspoons vanilla
salt

Boil until it hardens when dropped in water. Don't stir—have patience!

MRS. ALTON BAKER.

UNCOOKED CANDY FONDANT

Use one egg-white and equal amount of cream, pinch of salt and enough powdered sugar to make stiff (about like biscuit dough). Set aside two hours to ripen. Then mould. Variations, plain white, flavored with peppermint and an English walnut on top, or a candied cherry on top. Color some of it pink and mix cocoanut all through it. The cocoanut absorbs so much moisture that fondant must be made very thin.

MRS. REUBEN STEELQUIST.

DIVINITY CANDY

2 cups granulated sugar $\frac{1}{2}$ cup hot water
 $\frac{1}{2}$ cup white syrup 2 egg whites

Boil together until syrup becomes a hard ball in cold water. Beat whites of two eggs until stiff, then add syrup slowly, stirring all the time. Beat until quite thick, then add 1 cup chopped walnuts. Drop on buttered platter.

MRS. C. W. ROBBINS.

MOTHERS DIVINITY

3 pints granulated sugar $\frac{1}{2}$ pound English walnuts,
 $1\frac{1}{2}$ pints cream chopped
 1 pint corn or maple syrup 1 cup candied cherries
 1 pound almonds, chopped

Cook until the mixture forms a soft ball in cold water. Allow to cool and beat until nearly stiff. Add nuts and cherries.

MRS. G. E. LEHMAN.

DIVINITY FUDGE

3 cups sugar 2 egg whites—beaten very
 $\frac{3}{4}$ cup Karo corn syrup stiff
 $\frac{3}{4}$ cup boiling water

Cook together the sugar, corn syrup and water until hard-ball stage when dropped into cold water. Pour into beaten egg whites gradually and beat. Add $\frac{3}{4}$ cup chopped nuts.

MRS. LOY ROWLING.

PATIENCE CANDY

3 cups sugar 3 cups milk
 nuts, if desired

Caramelize 1 cup sugar and add 1 cup milk, stirring constantly until lumps are dissolved. Then add second cup of sugar and second cup of milk stirring constantly. Finally add third cup of sugar and third cup of milk. Boil slowly until the mixture forms a soft ball when dropped in cold water. Remove from fire and set in pan of cold water until cool. Beat until creamy. Add nuts if desired.

MRS. CLAUDE RORER.

CAMELIZED CANDY

1 cup sugar caramelized. Add 1 cup boiling water and let boil until a syrup. Mix two cups sugar and one cup top milk and pinch of cream of tartar. Add to above and cook until it forms a soft ball. Let cool; beat and add chopped walnuts.

MRS. JAMES BAKER.

ROCKY ROAD CANDY

Use Hershey's milk dipping chocolate. Melt *slowly* in double boiler. Don't let water boil or chocolate will curdle. Pour layer of chocolate in dish, then layer of cut marshmallows; then layer of cut walnuts; then layer of chocolate. Make two layers like this and cut when firm.

MRS. FRANK JENKINS.

FRUIT AND NUT CHOCOLATES

Run through a food chopper equal parts walnuts, dates and raisins. Add a little grated lemon rind and enough lemon juice to moisten slightly. Form into balls and chill. Then dip in milk chocolate.

MRS. WILL MOXLEY.

CRYSTALLIZED NUTS

2 cups English walnuts in $\frac{1}{4}$ cup water
halves cinnamon

$1\frac{1}{2}$ cups sugar

Cook syrup until it forms hard ball in water. Stir in nuts and when covered lay on oiled paper.

MRS. FRANK JENKINS.

CREOLE PRALINES

$\frac{1}{3}$ cup butter 2 cups brown sugar
2 cups pecans $\frac{1}{4}$ cup water

Stir sugar, water and butter together over slow fire till sugar is dissolved. Add pecans and boil till mixture forms a hard ball in cold water, stirring constantly. Remove from fire and drop onto marble slab or heavy waxed paper, making patties about three or four inches in diameter.

MRS. LYNN MCCREADY.

MOLASSES CANDY

Boil together 2 cupfuls of New Orleans molasses, 1 cupful of sugar, 1 tablespoonful of vinegar and 1 teaspoonful of butter. As soon as a few drops of the syrup appears brittle when dropped into cold water, add a pinch of soda and remove it at once from the fire. Turn into a shallow buttered pan and place it where it will cool enough to handle.

When the candy is sufficiently chilled to pull, have two people wash their hands, then rinse them in cold water to make them as cold as possible. Rub a little butter over the hands and take the candy from the plate. Let one person pull it out straight without twisting, then throw it over the hands of the second person who holds his out like a hook. The strip should be pulled back and forth, always without twisting. When it is so hard it cannot be pulled any more, cut it into small pieces with the scissors and leave it to chill on a cold buttered plate.

Care must be taken not to stir the candy while it is cooking or it will become grainy.

MRS. WILSON JEWETT.

MARRONS GLACE' OR PRESERVED

Take six cups large choice chestnuts. Gash skins, parboil for five minutes, drain, and shake over fire or in oven with butter or oil in pan until both outer and inner skins will come away together.

Cover blanched nuts with water and juice of $\frac{1}{2}$ lemon and stand over night. When drained and dry they are ready to cook.

Put 12 cups sugar, 3 tablespoons lemon juice (or two of lemon and 1 of vanilla are better even) and about 6 cups of water, mixed, over nuts and simmer till clear. The real French method, to be preferred if

there is time for the process, is to bring to a boil and stand over night on successive days until the nuts are perfectly clear and translucent.

Spread on a platter to dry, and for the glaze nuts, sprinkle with powdered sugar and pack in boxes. For preserves, bottle in own syrup when clear.

Two tablespoons glucose added to each three cups sugar keeps them from candying too rapidly. A little extra vanilla for flavor may be desired and if so add toward the last.

MRS. LYNN MCCREADY.

POP CORN SYRUP

1 cup light Brer Rabbit
molasses

2 cups light Karo syrup

Boil together until very brittle when tried in cold water. Add $\frac{1}{4}$ teaspoon of soda and pour over popcorn. Form into balls. This makes enough syrup for 50c worth of already popped corn.

MRS. HAL CHAPMAN.

SYRUP FOR POP CORN BALLS

1 cup sugar

2 tablespoons light molasses

$\frac{1}{2}$ cup water

1 tablespoon butter

1 teaspoon vinegar

$\frac{1}{2}$ teaspoon salt

Boil for 5 minutes the sugar, water and vinegar. Then add molasses, butter and salt and continue boiling without stirring. Boil until it is brittle when tried in cold water. Pour over popcorn at once and form in balls.

MRS. WILL MOXLEY.

CANDIED GRAPE FRUIT PEEL

Soak rind in salted water for twenty-four hours. Drain. Cut into strips. Put into fresh water and let come to boil. Pour off and add fresh water again. Let boil slowly for four hours. Drain. Make syrup of two cups of sugar and one-fourth cup of water (enough for 1 grape fruit.) Let rind boil in this syrup for twenty minutes. Cool. Drain. Roll in powdered sugar.

MRS. J. M. MILLER.

CANDIED GRAPE FRUIT PEEL

One quart peel (about 3 grape fruit) to $1\frac{1}{4}$ lbs. of sugar.

Cut fruit into strips, after having soaked them in salted water for one and one-half days. Drain and cook in cold water. Allow this to boil 10 minutes. Repeat this four times, each time adding fresh water. Drain. Add sugar. Cook slowly. When sugar crystalizes remove from fire. Roll each strip in granulated sugar.

MRS. GEORGE HOPKINS.

CANNING-PRESERVING

SEVEN-MINUTE BERRY JAM

Pour boiling water over $1\frac{1}{2}$ pints berries, just enough to cover. Boil two minutes. Drain water into another kettle and keep at boiling point. Put one cup sugar over berries and boil 2 minutes. Put one cup more sugar over berries and boil 3 minutes. Pour berries into bowl. Proceed with more berries, using water poured off first berries. Continue same method until all berries are used. Can cold the next morning. This recipe is good for strawberries, blackberries, raspberries or loganberries.

MRS. JOHN J. ROGERS.

STRAWBERRY AND GOOSEBERRY JAM

Make strawberry and gooseberry jam exactly according to Certo directions. While still hot mix the two jams thoroughly; skim, put into small jars or glasses and cover with hot paraffine wax.

MRS. P. L. CAMPBELL.

RASPBERRY AND RHUBARB JAM

2 quarts rhubarb	5 cups sugar
1 quart fresh raspberries	2 oranges sliced and rinds grated

Cook all together slowly till mixture jellies, and seal. A delicious flavored jam. Makes about 10 pints

MRS. LYNN MCCREADY.

PEACH AND PINEAPPLE JAM

Slice peaches and shred pineapple, having equal amounts of each. Weigh fruit and to each pound add $\frac{3}{4}$ pound of sugar. Add the juice of one lemon to each pound of fruit. Heat gradually to boiling point and simmer four or five hours or until thick. Seal in sterilized jars.

MRS. GAVIN DYOTT.

PEACH AND ORANGE MARMALADE

14 peaches	2 large oranges or 4 small
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Wash fruit, then put fruit, skin and all through the meat grinder. Measure cup for cup of fruit mixture and add same amount of sugar. Boil 35 minutes and seal in jars. Yield 4 pints.

MRS. A. O. WALLER.

ORANGE MARMALADE

Slice three large oranges and one large lemon. Add eleven glasses of water and let stand twenty-four hours; then add four pounds sugar and cook one hour and let stand another twenty-four hours. Cook one hour and twenty-five minutes and pour in glasses and cover with paraffine. This makes fifteen glasses.

MRS. A. O. WALLER.

ORANGE MARMALADE

6 medium sized oranges thin skin 3 grapefruit
2 lemons

Slice very thin and cut in strips. Do not use skin of grapefruit. Allow $1\frac{1}{2}$ pints water for 1 pint fruit. Stand 24 hours. Second day boil 50 minutes. Third day add one pound white sugar for each pound pulp. Add juice one lemon. Mix well. Put in two kettles and boil slowly and skim before sealing. MRS. JOHN TROTT MURRAY.

APRICOT AND PRUNE MARMALADE

2 pounds prunes $\frac{3}{4}$ cup sugar
1 pound dried apricots juice and rind of one
1 cup corn syrup orange.

Cook fruit separately until soft. Remove prune stones and put fruit through grinder, then cook with sugar and syrup until the mixture thickens. Cool a little, add orange juice and cook again until well blended, and seal in glasses. MRS. LYNN MCCREADY.

APRICOT MARMALADE

4 pounds apricots 1 lemon
4 oranges 4 pounds sugar

Peel the apricots, cut in halves and remove seeds. Crack the seeds of two pounds of the fruit, remove the kernels and add to the apricots. Put the fruit into a preserving kettle, add the juice of two oranges and one lemon and two oranges sliced very thinly. Cook 20 minutes, add the sugar and cook 10 minutes longer. Seal in sterilized jars. The flavor of oranges blends more perfectly with apricots than does any other fruit. MRS. ARTHUR ROGERS.

CONSERVE (To be served with lamb)

3 pints of chopped rhubarb 1 pint of chopped mint leaves
3 pints sugar

Boil all together until thick, use no water. Seal.

MRS. WILL H. MURGITROYD, Spokane.

PRUNE CONSERVE

6 pounds prunes 5 pounds sugar
1 pound walnuts 1 pound seeded raisins
3 oranges 3 lemons

Grind ingredients through coarse grinder and cook one-half hour. Seal. MRS. WALTER HUMMEL.

PRUNE CONSERVE

4 cupfuls of stoned, chopped 1 lemon juice and grated rind
prunes $\frac{1}{2}$ cupful of chopped blanched
3 cupfuls sugar almonds

Mix the prunes sugar and lemon. Let heat slowly to boiling, and boil rapidly until thick. Add the nuts as it comes from the fire and seal in small jars, or with paraffine in jelly glasses.

An especially luscious conserve is made of the little blue Damson plums, using this same recipe, with the substitution of one cupful of shredded pineapple for one of the cupfuls of prune pulp.

MRS. WEIR McDONALD.

DAMSON CONSERVE

6 pounds Damson plums
 6 pounds sugar
 2 pounds walnut meats
 6 sticks cinnamon
 6 whole oranges cut fine
 2 pounds white raisins
 grated rind and juice of one
 lemon
 Cook one hour. Makes $9\frac{1}{2}$ pints. MRS. HERALD WHITE.

PEAR CONSERVE

Use equal parts of pears, peaches, plums and apples—peeled. Small amount of water. Boil fruit first until it begins to thicken a little and then add half as much sugar as fruit. Continue to boil until thick and clear. When almost done add 1 whole lemon finely sliced, rind and all. Pineapple, candied ginger and almonds may be added.

MRS. WALTER HUMMEL.

PEAR, PINEAPPLE AND GINGER CONSERVE

8 pounds pears
 8 pounds sugar
 $\frac{1}{2}$ of a 75c jar of preserved
 ginger
 1 large can pineapple

Peel and cut the pears in small pieces. Then weigh. Let sugar and pears stand over night. In the morning add the pineapple, cut up, and the ginger, cut in very tiny pieces. Boil until thick but not too long or it will get dark. Cover with paraffine while still hot.

MRS. EMMA N. DRAIN.

BAR LE DUC

$2\frac{1}{2}$ pounds currants after being
 stemmed
 $2\frac{1}{2}$ pounds sugar
 2 tablespoons strained honey

Make syrup with as little water as possible. Drop currants in and boil two minutes. Add honey and boil 45 minutes. Seal. This with Philadelphia cheese and Sunshine butter crackers is a delicious dessert.

MRS. WILL H. MURGITTROYD, Spokane.

RED PEPPER JAM. SERVE WITH SALAD

12 large sweet red peppers
 1 pint vinegar
 1 tablespoon salt
 3 cups sugar

Take seeds from peppers and put peppers through food chopper, add salt and let stand several hours. Drain thoroughly, then put peppers and sugar to boil with vinegar and cook quite fast until thick. Seal.

MRS. WILL H. MURGITTROYD, Spokane.

MARASCHINO CHERRIES

5 pounds Royal Anne
 cherries
 5 pounds cane sugar
 1 ounce red coloring
 1 ounce almond extract
 1 bottle Certo

Use fresh pitted cherries. Mix cherries, sugar and coloring on stove and bring to a boil. Add extract and cook until medium thick. Add Certo and boil one minute. Stir 5 minutes after removing from fire and seal.

MRS. A. H. MACDONALD.

1½ cups grapes ¾ cups sugar 1 quart water
Boil sugar and water and pour over the grapes in quart jars. Seal.
MRS. ALTON F. BAKER.

Boil 1 cup sugar and 1 cup water for each quart jar of fruit.
Have jars filled with berries and standing in hot water. Pour
syrup over berries and let stand in boiling water twenty minutes with-
out cooking or without fire under pan. Have jars sealed.

MRS. WALTER HUMMEL.

1 peck of dark red ripe tomatoes	2 teaspoons ground cloves (tie in bag)
2 large green peppers (take out seeds)	4 tablespoons salt
$\frac{3}{4}$ cup sugar	11 tablespoons cornstarch
	2 large onions fried in butter
	4 quarts water

9 cups corn ½ cup salt 1 cup sugar
Boil ears of corn until milk sets, then cut off; mix corn with sugar and salt and cook until juice comes; can. Before using, soak 1 to 2 hours in clear water and pour off water before cooking.

4 pounds lean meat	2 quarts cider vinegar
4 pounds chopped apples	1 pound brown sugar
1 pound suet	1 teaspoon each cloves, all-
1 pound raisins	spice, salt, ginger, mace
1 pound currants	and nutmeg
$\frac{1}{4}$ pound citron	

2 pounds cold boiled beef	1 pound citron sliced
4½ pounds apples	2½ pounds brown sugar
2½ teaspoons ground cloves	¾ quart cider
5 teaspoons cinnamon	1 pint molasses
2½ teaspoons mace	1 cup vinegar
¾ pound ground suet	juice and grated rind 1
1 pound currants	lemon
2 pounds raisins	

Put all ingredients in a stone jar and stir well every day for about ten days, then put in kettle and heat to the boiling point and can in jars.

MRS. HERALD WHITE.

CRANBERRY JELLY

Cook 2 cups cranberries, 1 cup sugar, $\frac{1}{2}$ cup water. Cook until tender. Strain and pour in molds. Never fails to set.

MRS. ALTON BAKER.

TEN MINUTE CRANBERRY SAUCE

4 cups cranberries

$1\frac{1}{2}$ to 2 cups sugar

2 cups water

Boil sugar and water together five minutes. Add cranberries and boil without stirring for five minutes or until all berries pop open. Remove from fire when popping stops. MRS. HERALD WHITE.

COCKTAILS-APPETIZERS

We are giving a variety of canapes which are savory appetizers; fish and fruit cocktails, raw oysters or clams, and certain fruit and fish plates as well as vegetable or fruit salads are all used as appetizers to preface a dinner, acting as a stimulus and giving distinction to the meal. Ordinary fruit cups can be changed into a surprise, by pouring ginger ale over the chilled fruit after it has been dished into the chilled cocktail glasses. Likewise will nonalcoholic Grenadine or sherry syrups give real zest to fruits.

MELON COCKTAIL VARIATIONS

The melon balls should be scooped from a good, ripe melon or cantaloupe. Put the balls into a bowl, sprinkle with powdered sugar, squeeze over the juice of a lime, and add a tablespoon or two of Grenadine syrup. Or pour over the fruit a syrup in which a sprig of mint has been cooked, the juice of a lemon has been added, and garnish with small sprigs of fresh mint.

MRS. ARTHUR A. ROGERS.

FROZEN TOMATOES

1 quart of tomato puree	1 tablespoon finely chopped onion
2 tablespoons finely chopped celery	2 tablespoon lemon juice
	Salt and pepper to taste

Pour the mixture into the trays of a mechanical refrigerator to freeze, or in baking powder cans or molds and pack in ice and salt for three hours. Cut into cubes and serve in glasses or in lettuce cups with a little French dressing poured over them.

AVOCADO APPETIZER

Cut alligator pears into halves and remove the seed, and the thick brown skin. Put the halves together with the seed in the cavity, to keep them from discoloring, while they are in the ice box, chilling. To serve: sink each half into a plate or dish of cracked ice and put in each, three tablespoons of French dressing, made with lemon juice.

When cost must be taken into consideration the pear may be cut into pieces and combined with pieces of grapefruit, mixed with French dressing and served in glasses or lettuce cups.

MRS. ARTHUR A. ROGERS.

TOMATO JUICE COCKTAIL

2 cups tomato juice	1 teaspoon Worcestershire sauce
1 tablespoon lemon juice	
3 or 4 drops of tobasco	1 tablespoon horse radish

Mix thoroughly, chill well and serve.

MRS. PRINCE CALLISON.

PEACH COCKTAIL

Place one-half of a fresh peach, rounded side up, in a sherbet glass. Into this push a number of blanched almonds cut in lengthwise strips. Make a thick syrup of one cup sugar, half cup water and two tablespoons Grenadine; pour over peaches and stand in refrigerator for 12 hours before serving. This amount of syrup will take care of six halves of peaches.

MRS. WILL MURGITTROYD.

GRAPEFRUIT AND AVOCADO COCKTAIL

Chill 1 large alligator pear (2 avacados) cut in halves and peel and stone. With French vegetable cutter, cut into balls. Arrange with fruit from No. 2 can of grapefruit in cocktail glasses. To the syrup add a little confectionary sugar and pour over the fruit.

MRS. WILSON H. JEWETT.

MINTED CASABA BALLS

Drain the syrup from a large can of pineapple, and heat to boiling. Pour over fresh mint leaves. Allow to cool. Arrange melon balls in cocktail glasses, sprinkle with salt, pour on pineapple juice. Garnish with mint leaves dipped in granulated sugar.

MRS. WILSON H. JEWETT.

A Colorful First Course for Breakfast, Luncheon or Dinner.

Peel cantaloupe and cut in slices an inch in thickness. Place one slice on each plate, with a garnish of mint or parsley. Fill center of circle with a mixture of fruits, such as berries, sliced peaches, white grapes, pineapple or any desired combination. Sprinkle powdered sugar over the fruit.

MRS. JOHN J. ROGERS.

NEW YORK COCKTAIL

Take the meat of a crab in as large pieces as convenient, put into cocktail glasses. Just before serving pour over the meat the following sauce:

1 cup cream
½ cup tomato catsup

1 tablespoon Worcestershire
sauce
salt and paprika

Mix the sauce and let stand on ice for two hours. This will serve six.

MRS. W. W. CALKINS.

A NOVEL OYSTER COCKTAIL

6 leaves of lettuce

3 green peppers

36 large oysters

The sauce:

½ cup mayonnaise
1 teaspoon Worcestershire
sauce

½ cup chili sauce
½ teaspoon horse-radish
¼ cup India relish

Cut the peppers into halves, crosswise; take out the seeds; prepare the lettuce, and free the oysters of bits of shell; place all in the ice box to chill. Mix the sauce and chill it. This sauce is good with any fish. When serving allow six oysters to each pepper cup and place on a leaf of lettuce.

MRS. ARTHUR A. ROGERS.

OYSTER COCKTAIL SAUCE

- | | |
|--------------------------------|---|
| 1 cup tomato catsup | 1 teaspoon Worcestershire |
| 1 teaspoon grated horse-radish | sauce |
| 1 tablespoon lemon juice | paprika |
| 2 drops tabasco sauce | $\frac{1}{2}$ teaspoon tarragon vinegar |

Mix the above ingredients well. This amount will take care of one cup of cleansed and drained oysters. MRS. ARTHUR A. ROGERS.

CANAPES AND APPETIZERS

Canapes are served in place of oysters at a dinner or luncheon and whet the appetite for what is to follow. They may be served before entering the dining room, served with a glass of fruit juice combined with ginger ale or other sirups to give it zest. Canapes are made from white bread, cut in $\frac{1}{4}$ in. slices, and cut into circles or fancy shapes. They may be toasted, or sauted in butter, or buttered and browned in the oven.

ANCHOVY CANAPES

- | | |
|-----------------------------|-------------------------|
| 3 tablespoons anchovy paste | 3 teaspoons lemon-juice |
| 2 tomatoes (medium-sized) | 8 whole anchovies |
| 8 portions of bread | mayonnaise |

Toast the rounds of bread, spread with mayonnaise, anchovy paste mixed with lemon-juice and place a thin slice of tomato, which must be a little smaller than the canape, on each one. In the center of each put a small amount of dressing and a fillet of plain anchovy or anchovy stuffed with capers. Chopped olives may be put around the edge.

MRS. ARTHUR A. ROGERS.

PATE DE FOIE GRAS CANAPES

Spread rounds of toasted bread with puree of pate de foie gras, on this place a slice of hard-cooked egg, a drop of salad sauce on the egg and garnish with a fillet of anchovy.

CAVIAR CANAPES

Spread squares of toasted bread with mayonnaise, in the center put Russian Caviar, add a dash of cayenne, a few drops, each of onion juice and lemon juice. Surround this with riced yolk of egg. Press a small round of olive stuffed with anchovy in the center.

MRS. BELDEN BABB.

RIPE OLIVE CANAPE

- | | |
|----------------------------|-------------------------------|
| 2 tablespoons butter | $\frac{1}{2}$ cup ripe olives |
| 6 circular slices of bread | mayonnaise |
| 3 hard cooked eggs | |

Melt butter. Saute slices of bread. Separate eggs and chop whites very fine. Stone and chop olives and mix with yolks. Moisten with highly seasoned mayonnaise. Arrange border of egg whites around edge of toast and heap olive mixture in center. Serves six.

MRS. CARLTON SPENCER.

AVOCADO APPETIZERS

Cut small rounds of bread and toast them. Peel avocado and mash, add 1 tablespoon onion juice, 1 tablespoon lemon juice, paprika, salt, and cayenne to taste; moisten with a little mayonnaise. Spread on toast just before serving, and press a round of stuffed olives in the center of each. If the avocado pit is placed on top of the mixture, it will keep green until ready to use. This is a delicious spread for open-face sandwiches, using graham bread.

MRS. A. A. ROGERS

SARDINE APPETIZERS

Spread oblong portions of bread with butter, and toast in the oven, spread with sardine paste, place a very small sardine on each and sprinkle with lemon juice and chopped parsley.

MRS. BELDEN BABB.

BACON-OLIVE APPETIZERS

Wrap a thin strip of bacon around a large stuffed olive. Skewer with a toothpick. Broil until bacon is done, a golden brown, and serve on small rounds of toasted bread, which have been spread with butter.

ANCHOVY CHIPS

Crisp potato chips, spread with anchovy paste. Serve hot or cold.

CANAPE WAFERS

The avocado mixture, above, or pate de foie gras, or caviar seasoned with lemon juice, or Roquefort and cream cheese mixed, may be used in the tiny commercial canape wafers. Any of these fillings spread on cucumber slices 1 in. thick, from which the center has been scooped out, makes a fine hors d'oeuvre.

MRS. A. A. ROGERS

A few suggestions for canape fillings are:

- 1—Crab meat, chopped capers and mayonnaise.
- 2—Slices of stuffed egg on pieces of toast, which were spread with mustard butter.
- 3—Finnan Haddie, chopped capers, (bottled) and mayonnaise. The fish must either be prepared or left-over broiled or baked fish. These canapes give the zest that an appetizer requires.

DESSERTS-DESSERT SAUCES

MACAROON PUDDING

1 tablespoon gelatine	1 teaspoon vanilla
$\frac{1}{4}$ cup cold water	2 cups scalded milk
$\frac{1}{3}$ cup sugar	$\frac{2}{3}$ cup stale macaroons
3 eggs	(1 dozen)

Make custard of milk, egg yolks and sugar. When it coats a spoon add gelatin which has been dissolved in the cold water. Let cool and when nearly stiff add stiffly beaten whites, macaroons and vanilla. Beat well and mold. Serves 8 to 10.

MRS. C. S. WILLIAMS.

SPANISH CREAM

3 cups milk in double boiler 1 tablespoon gelatine ($\frac{1}{2}$ envelope)

Let come to a boil, add the well-beaten yolks of three eggs and $\frac{1}{2}$ cup sugar. When mixture will coat a spoon take from stove, add beaten egg whites and cool either in moulds, a loaf or individual dishes. Serve with whipped cream.

MRS. HENRY D. SHELDON.

BAVARIAN CREAM

1 package lemon Jell-O	$\frac{1}{2}$ cup whipping cream
1 cup boiling water	chopped fruit or nuts
$\frac{1}{2}$ cup cold water	

Dissolve Jell-O in boiling water, add cold water. When cool, fold in whipped cream and any kind of chopped fruit or nuts for variety.

MRS. F. M. CARTER.

PINEAPPLE BAVARIAN CREAM

1 No. 2 can crushed pineapple	$\frac{1}{8}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{2}$ pint whipping cream
1 package lemon gelatin	

Mix the pineapple and sugar and heat to boiling. Remove from fire, add the gelatin and salt, stirring until gelatin is thoroughly dissolved. Set in cool place. Whip the cream. When the pineapple mixture is cold and beginning to set, fold in the whipped cream. Line individual molds (egg cups are good) with ladyfingers and fill with the mixture.

To make a good Easter dessert, place one-half apricot, rounded side down, in bottom of mold, pour over this a portion of the Bavarian cream. When unmolded, this looks like an egg.

MRS. F. M. CARTER.

ORANGE SPONGE

Soak together and dissolve over hot water 1 1/3 tablespoons gelatin and 1/3 cup cold water, 1/3 cup boiling water, add 1 cup sugar, then 1 tablespoon lemon juice and 1 cup orange juice. When nearly stiff add 1 cup cream whipped, and 3 egg whites beaten stiff. Mold and serve with sponge cake or lady fingers. MRS. C. S. WILLIAMS.

MARSHMALLOW PUDDING

1 level tablespoon gelatin	1 teaspoon vanilla
1/4 cup hot water	3 egg whites
1 cup sugar	speck salt

Dissolve gelatin in hot water. When cold fill the cup with cold water. Mix with other ingredients. Beat all together 20 minutes. Put in individual moulds or one large dish. MRS. W. F. JEWETT.

FRUIT JELLY

(To use up fruit juices from canned fruit)

1 pint fruit juice (any kind)	1 tablespoon gelatine (Knox)
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One-half cup fruit juice extra or water if not available

Soak gelatine in 1/2 cup fruit juice (any kind but pineapple)

Heat pint of fruit juice and dissolve gelatine in it. Cut up fruit may be added. If you prefer to have it a little firmer put in a little more gelatine. Makes 4 - 5 servings. MRS. F. A. BARKER.

ORANGE FAIRY FLUFF

4 egg yolks	3/4 cup of orange juice
2 tablespoons hot water	6 tablespoons sugar
grated rind of 1 orange	juice of 1 lemon
grated rind of 1 lemon	3 egg whites
lady fingers	

Beat egg yolks with four tablespoons of sugar. Add orange juice, grated rind and hot water and then lemon juice and grated rind. Cook in double boiler until mixture thickens, stirring constantly. Beat whites until stiff and add the remaining two tablespoons of sugar and fold into mixture. Chill and line sherbet glasses with lady fingers and fill with orange mixture. MRS. GAVIN DYOTT.

GELATINE MACAROON PUDDING

2 cups milk	2 eggs
1/4 box gelatine (2 teaspoons)	1/2 cup sugar

Beat yolks and sugar. Pour into boiling milk. Add gelatine dissolved in a little cold milk. Boil until the mixture curdles well. Beat whites into mixture. Break up macaroons, put in the bottom of the mold then pour liquid over them. Flavor with 1 teaspoon vanilla.

MRS. JOHN STARK EVANS.

ANGEL CHOCOLATE RUSSE

- | | |
|--|--|
| 1 tablespoon Knox's gelatine | $\frac{1}{4}$ cup boiling water |
| $\frac{1}{4}$ cup cold water | 1 pint heavy cream |
| 1 cup sugar | 2 tablespoons chopped candied cherries |
| 1 dozen marshmallows
(cut in small pieces) | $\frac{1}{2}$ dozen rolled macaroons |
| $\frac{1}{4}$ pound blanched and
chopped nuts | |

Soak gelatine in cold water and dissolve in boiling water. Add sugar. When mixture is cold add cream, beaten until stiff, almonds, macaroons, marshmallows and cherries. Turn into a mold, just dipped into cold water and chill. Remove and serve with angel cake.

MRS. FRANK E. DUNN.

CHOCOLATE RUSSE

- | | |
|---|------------------------------|
| $\frac{1}{2}$ envelope Knox gelatine
soaked in | 1 pint cream whipped and add |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup sugar |
| soak together and dissolve
over hot water | |

To this add the gelatine mixture. Let cool and when partly stiff add 2 egg whites beaten stiff. 1 teaspoon vanilla or 1 tablespoon sherry flavoring. Mold and add 1 cup nuts—walnuts or blanched almonds. Serve with lady fingers, sponge or angel cake.

MRS. C. S. WILLIAMS..

MAPLE CHARLOTTE RUSSE

Dissolve 1 tablespoon gelatine in $\frac{1}{4}$ cup cold water. Pour over this $\frac{3}{4}$ cup of boiling maple syrup—using a sap syrup and when cool add to 1 pint of whipped cream. Add $\frac{1}{2}$ cup nuts chopped, $\frac{1}{2}$ cup candied cherries cut in small pieces. Line small moulds with lady fingers and fill with mixture. Put in ice box until stiff and serve with whipped cream and a maraschino cherry on top. Serves 12 generously.

MRS. HARRY HOBBS.

APRICOT ICE BOX CAKE

- | | |
|--|--|
| $\frac{1}{2}$ envelope gelatine | 2 tablespoons lemon juice |
| $\frac{1}{2}$ cup cold water | whites of 2 eggs |
| 1 cup canned fresh or dried
cooked pulp | about $\frac{1}{2}$ pound lady fingers |
| $\frac{1}{2}$ cup boiling water | sugar to taste |

Soak gelatine in cold water and dissolve in boiling water and add lemon juice. Cool slightly and add sweetened apricot pulp. When mixture begins to thicken add beaten egg whites. Line sides and bottom of buttered mold with halves of lady fingers. Put in a layer of apricots, then a layer of lady fingers and so on until pan is filled, with a layer of lady fingers on top. Set in ice box and when firm unmold. Garnish with whipped cream.

MRS HARRY PARSON, Portland.

SWISS CREAM

1 quart rich cream
sugar and vanilla to taste

whites of 6 eggs

Put cream on stove in double boiler, adding sugar and vanilla. Beat whites of eggs very stiff and add to cream, stirring occasionally until thick. Serve plain or with angel cake. On preserved pears it is especially good.

MRS. C. A. HARDY.

HEAVENLY HASH

1 cup whipped cream
1 dozen marshmallows

1 cup pineapple
 $\frac{1}{2}$ cup chopped nuts.

Cut marshmallows into small pieces and add to cream whipped very stiff. Chop pineapple and drain. A few cherries or strawberries may be added if liked. Place both mixtures on ice. When ready to serve stir together. Servings for four.

MRS. WALDO ADAMS.

AMBROSIA

A delicious dessert, easily prepared at times when housekeeping arrangements are upset, is Ambrosia, an old southern dish. Slice four or five large oranges. Spread a layer of orange in a serving bowl, sprinkle with sugar, add a layer of cocoanut, another of oranges and so on until the bowl is filled. Finish with a layer of cocoanut and pour over the top two tablespoonsful of grenadine.

MRS. ARNOLD BENNETT HALL.

DATE AND PINEAPPLE SOUFFLE

5 egg whites beaten stiff
 $\frac{1}{3}$ cup powdered sugar
(scant)
pinch of cream tartar

vanilla
1 cup crushed pineapple
 $\frac{3}{4}$ cup finely cut dates

Bake in slow oven until golden brown. Serve immediately with cream.

AMY DUNN.

PRUNE WHIP

whites of 5 eggs
 $\frac{1}{3}$ pound prunes

$\frac{1}{4}$ cup sugar
1 tablespoon lemon juice

Cook the prunes, seed and chop very fine. Add sugar and lemon juice. Beat whites of eggs very stiff and add to prunes mixture. Bake in slow oven about 30 or 45 minutes. Serves 8 people.

Boiled custard to serve with prune whip—

2 cups scalded milk
3 egg yolks
 $\frac{1}{4}$ cup sugar

1 teaspoon vanilla
1 pinch salt

Add sugar and salt to eggs, pour into hot milk and cook until it forms a coating on spoon. Do not let boil as eggs and milk will separate.

MRS. HARRY HOBBS.

BAKED LEMON PUDDING

Into large bowl mix together 1 cup sugar, $\frac{1}{3}$ cup sifted flour, (scant). To this add the following: Into the beaten yolks of 2 eggs add 1 cup milk, juice and rind of 1 lemon, 1 tablespoon melted butter. After combining the two mixtures add the beaten whites. Pour into buttered baking dish, place in pan of hot water and bake till browned and set.

AMY DUNN.

LEMON FOAM

2 cups sugar	4 tablespoons cornstarch
4 cups boiling water	juice of 2 oranges
juice of 1 lemon	4 egg whites

Let sugar, water, juice of lemon and oranges come to a boil. Add 4 tablespoons cornstarch mixed with a little water. Boil until clear and thick. Pour slowly over the beaten whites of the 4 eggs, beating constantly. Serve with thin custard sauce.

Sauce:

4 yolks of eggs	1 pint milk
1 cup sugar	
2 tablespoons cornstarch	

MRS. ALTON BAKER.

LEMON FLUFF PUDDING

1 $\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cornstarch	dash of nutmeg
3 cups milk	1 tablespoon butter
3 eggs separated	$\frac{1}{2}$ teaspoon lemon extract
juice of 1 lemon	

Sift sugar and cornstarch together, add milk gradually and cook in double boiler. When cornstarch is thoroughly cooked (stir it continually) add some of it to the beaten yolks. Return to the stove and cook a few minutes. When done fold it into the stiffly beaten whites. Add lemon juice, butter, nutmeg and lemon extract. Serve with plain or whipped cream and candied cherries.

AMY DUNN.

CHOCOLATE PUDDING

3 tablespoons cocoa	1 tablespoon cornstarch
$\frac{1}{2}$ cup sugar	1 pint milk

Scald one pint milk and add the remaining ingredients. Cook until thickened, add a piece of butter and vanilla. Serve with whipped cream and chopped nuts if desired.

MRS. ARCH BERNARD.

BUTTERSCOTCH PUDDING

Mix 1 cup dark brown sugar, 3 tablespoons corn starch, $\frac{1}{8}$ teaspoon salt. Add gradually 3 cups milk and cook in double boiler till it thickens, stirring constantly. Add 2 well beaten eggs, mixing hot milk with them first, and add 2 tablespoons butter. When done remove from fire and add stiffly beaten egg whites and vanilla. Serve with either whipped or plain cream.

AMY DUNN.

BOILED CUSTARD WITH VARIATIONS

1 1/3 cup milk	2 eggs
2 tablespoons flour	1/2 cup sugar
1 teaspoon vanilla	

One cup milk in double boiler until scalding hot then add well beaten yolks to which have been added sugar and flour sifted together and 1/3 cup of milk. Cook until thickened and flavor with teaspoon vanilla. Then fold in stiffly beaten whites and chill.

No. 1. Add six macaroons broken in small pieces to milk when put on to scald, then proceed with custard as above. When thickened add one-half cup chopped nuts and one tablespoon rum flavoring before folding in beaten whites.

No. 2. Make custard and add shredded pineapple drained of juice and a few maraschino cherries cut in pieces before folding in beaten whites. Serve all with whipped cream. MRS. WALTER FELL.

CARAMEL CUSTARD

1 1/2 cups sugar	1 cup hot milk
3 eggs	1 cup cold milk

Melt 1 cup of sugar and add hot milk to make caramel. Beat the eggs, 1/2 cup sugar and cold milk, well. Add caramel mixture and bake in pudding dish, or individual dishes, in pan of hot water, in medium oven. MRS. C. A. HARDY.

CARAMEL CUSTARD

1 scant cup sugar	2 cups milk
(caramelized)	1/3 cup sugar
3 eggs	1 teaspoon vanilla

Use 2/3 caramelized sugar to line custard cups. Add enough hot water to remainder to make thin syrup. Add this to custard mixture, strain and pour into cups. Bake 1/2 to 3/4 hours. Serves six.

MRS. HOWARD HALL.

CARAMEL PUDDING

1 quart milk	1/2 cup flour
1 cup granulated sugar	2 tablespoons butter
1/2 cup light brown sugar	4 eggs

Beat eggs and strain through coarse sieve; add 1/2 cup granulated sugar and mix. Mix other 1/2 cup granulated sugar with flour. Have milk hot, but not boiling, in double boiler; stir in sugar and flour mixture, cook five minutes and add the egg and sugar mixture; cook 3 to 5 minutes. Do not over-cook, or mixture may separate. Put butter in skillet with brown sugar and caramelize and add to custard as you remove it from fire. MRS. HARRY HOLDEN.

TAPIOCA PUDDING

- | | |
|-----------------------|-------------------------|
| 3 tablespoons tapioca | 1 quart milk |
| 3 eggs | $\frac{1}{2}$ cup sugar |
| 1 teaspoon vanilla | |

Soak tapioca in milk a few minutes, bring milk to boiling heat. Beat well together yolks of eggs, sugar, and vanilla, add the tapioca and stir the whole into the boiling milk, boil a few minutes, remove from fire and fold in beaten whites of the eggs. Serve cold with caramel sauce poured around and whipped cream on top.

Caramel Sauce: Put 1 cup sugar in frying pan and stir until dark brown. Add 1 cup water (boiling) and simmer 15 minutes.

MRS. E. E. HARTUNG.

TAPIOCA JELLY

- | | |
|---|--|
| $\frac{1}{4}$ cup minute tapioca | 1 pint water |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup sugar |
| 1 dozen almonds (blanched and shredded) | $\frac{1}{2}$ cup seeded raisins (chopped) |
| | 2 egg whites |

Cook all ingredients except almonds and egg whites until the mixture is transparent. Remove from fire and pour into stiffly beaten whites. Flavor with vanilla ($\frac{1}{2}$ teaspoon). Pour into molds. Serve with whipped cream. Serves six.

MRS. DAVID AULD.

RICE DAINTY

- | | |
|-------------------------|--------------------------|
| 1 cup cooked rice | $\frac{1}{2}$ cup sugar |
| (every grain distinct) | 1 cup cream—beaten stiff |
| 1 cup chopped pineapple | |

Mix rice, sugar and pineapple and fold in the cream. Serve cold in sherbet glasses.

MRS. E. E. HARTUNG.

PINEAPPLE PUDDING

- | | |
|-----------------------------------|-------------------------|
| 1 13-ounce can shredded pineapple | 2 tablespoons butter |
| 1 cup sugar | 1 cup soft bread crumbs |
| | 3 eggs |

Beat the eggs well, add the sugar and beat, then the crumbs and melted butter and lastly the pineapple. Put into a buttered casserole and bake in a moderate oven. Serve either hot or cold with whipped cream. Serves six people and is quickly made.

MRS. W. T. GORDON.

BANANA BETTY

- | | |
|---------------------------------|-------------------------------|
| 3 cups bread crumbs | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon nutmeg |
| 2 apples | 2 tablespoons lemon juice |
| 2 bananas | little salt |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ cup water |

Melt butter and mix with crumbs. Slice fruit, sprinkle with spices and salt and arrange in alternate layers with the crumbs in a buttered baking dish. Cover with crumbs and bake in moderate oven (375 degrees) until fruit is soft and crumbs are brown. Serve with cream or with banana hard sauce.

MRS. LYNN MCCREADY.

LEMON PUDDING

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|-----------------------|--------------------------|
| 1 pint milk | $\frac{1}{2}$ cup sugar |
| 1 cup bread crumbs | 1 small lemon, juice and |
| 2 eggs | grated rind |
| butter size of walnut | |

Heat milk. Add bread crumbs and butter. Cover and let get soft. When cool add sugar, egg yolks and grated rind. Bake in buttered dish until firm. When done add meringue made of egg whites, two tablespoons powdered sugar and lemon juice. Place in oven and brown light straw color. Serve hot with following sauce:

- | | |
|--------------------------|---------------------------------|
| 1 cup sugar | juice and rind of 1 lemon |
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup boiling water |
| 1 egg beaten light | |
- Thicken over steam.

MRS. C. A. HARDY.

BROWN BETTY

- | | |
|-------------------------------------|---------------------------------|
| $\frac{2}{3}$ cup soft bread crumbs | $\frac{2}{3}$ tablespoon butter |
| 1 apple | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{6}$ cup sugar | $\frac{1}{8}$ cup water |

Butter crumbs. Chop and cut apples in small pieces. Put in alternate layers in baking dish. Bake in moderate oven until apples are tender and mixture brown.

MRS. WALTER HUMMEL.

PRUNE PUDDING

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|-------------------------|--------------------------|
| 1 cup cooked prunes | 1 teaspoon vanilla |
| 1 cup chopped nuts | 1 tablespoon butter |
| $\frac{1}{2}$ cup milk | 3 crackers rolled fine |
| $\frac{3}{4}$ cup sugar | 1 teaspoon baking powder |

Mix all ingredients. Pour into baking dish. Place dish in pan of hot water. Bake in moderate oven 20 minutes or until firm. Serve with plain or whipped cream.

MRS. W. HUMMEL.

CHOCOLATE BREAD PUDDING

- | | |
|----------------------------------|------------|
| $1\frac{1}{2}$ cups bread crumbs | 2 eggs |
| 3 cups scalded milk | pinch salt |
| 4 level teaspoons chocolate | butter |
| $\frac{5}{8}$ cup sugar | vanilla |

Place in baking dish in pan of water and bake thirty minutes.

MRS. GLENN PERCIVAL.

LEMON SPONGE PUDDING

- | | |
|--------------------------|---------------------------|
| 8 small slices of bread | 5 tablespoons lemon juice |
| 4 eggs | grated rind of 1 lemon |
| 2 cups milk | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup butter | 1 teaspoon salt |

Make thick spread of 3 tablespoons lemon juice and rind, butter, 2 eggs, all of sugar but 3 tablespoons. Cook over water two minutes and cool. Spread bread with lemon mixture and arrange in baking pan. Beat 2 eggs slightly, add remaining sugar, salt, lemon, and milk. Cover and bake one hour over water in moderate oven.

MRS. FRANK CHAMBERS.

GRAHAM CRACKER PUDDING

- | | |
|-------------------------------------|----------------------------|
| 1 cup graham crackers
pulverized | 1½ cups of sugar |
| 1 teaspoon baking powder | 1 cup walnuts chopped |
| 1 teaspoon vanilla | 1 cup raisins |
| | 4 eggs (beaten separately) |

Beat egg yolks and add sugar and rest of ingredients. Fold in stiffly beaten whites. Bake 30 minutes or longer in a slow oven.

MRS. HARRY TITUS.

EVE'S PUDDING

- | | |
|---------------------------|----------------------|
| 1 cup flour | 2 tablespoons butter |
| ½ cup sugar | 1 egg |
| 2 teaspoons baking powder | little milk |

Mix together and drop by spoonful on apples or peaches and bake in oven 1 hour. Serve with sugar and cream.

MRS. ARCH BERNARD.

APPLE CAKE AND PUDDING

Fill a buttered baking dish with sliced apples and pour over the top a batter of:

- | | |
|-------------|--------------------------|
| ½ cup sugar | 1 tablespoon butter |
| 1 egg | ½ cup sweet milk |
| 1 cup flour | 1 teaspoon baking powder |

Bake in slow oven until brown. Serve with cream or sauce. Peaches very nice same way.

IRENE APPLEGATE.

APPLE PUDDING

- | | |
|-------------|----------------------|
| 4 apples | 1 cup flour |
| 1 cup sugar | 4 tablespoons butter |

Slice apples into a baking dish. Sift sugar and flour together and cream with this the butter. Sprinkle this mixture over apples and bake in moderate oven three-fourths hour. Serve with whipped cream.

MRS. FRANK JENKINS.

BREMEN APPLES

- | | |
|----------------------|----------------------|
| 8 good sized apples | 1 tablespoon vanilla |
| 2 tablespoons butter | ½ teaspoon cinnamon |
| 6 tablespoons sugar | sugar to taste |
| 6 eggs | 1 package zweiback |
| 1 pint cream | |

Cook apples, butter and sugar until apples are soft. Add eggs, cream, vanilla and cinnamon and cook a few minutes longer. Roll zweiback fine. In bottom of pan put layer of zweiback crumbs then layer of apple mixture. Repeat until pan is filled. Dot with butter and bake.

MRS. WALTER HUMMEL.

DATE PUDDING

1 cup dates	1 teaspoon baking powder
1 cup sugar	1 teaspoon vanilla
1 cup flour	2 teaspoons cold water
1 cup nut meats	2 eggs well beaten

Mix in order given. Bake in pie dish or shallow pan for 20 minutes. Serve with whipped cream. Serves 6 or 8.

MRS. HOWARD HALL.

DATE PUDDING

5 eggs	1 scant cup sugar
2 teaspoons baking powder	2 tablespoons flour
$\frac{1}{2}$ cup or more chopped walnuts	1 cup or more chopped dates

Mix all together and bake very slowly thirty to forty minutes. Serve with whipped cream.

MRS. WALTER HUMMEL.

HONEYCOMB PUDDING

$\frac{1}{2}$ cup sugar	1 teaspoon soda
1 cup Brer. Rabbit molasses	$\frac{1}{2}$ cup milk
1 cup flour	4 eggs
$\frac{1}{2}$ cup butter	

Beat sugar, molasses and flour, which has been sifted with the soda. Heat butter and milk and cool; add to the first mixture and beat well with egg beater. It is this beating which makes the pudding a success. Beat eggs until creamy, fold into other mixture, put in greased and floured pan, set in pan of hot water and bake in moderate oven for one hour.

Sauce: Butter size of an egg, 1 cup hot water, $\frac{1}{2}$ cup sugar, 1 round teaspoon corn starch, 1 teaspoon vanilla or lemon flavor.

MRS. PAUL KELTY, Portland, Oregon.

CHOCOLATE ROLL

1 cup powdered sugar	3 tablespoons cocoa
5 eggs beaten separately	1 tablespoon flour (heaping)
pinch salt	

Mix sugar and egg yolks. Add flour and cocoa. Fold in egg whites at last. Paper bottom of a flat low pan; butter and bake slowly twenty minutes. Take out and put over coffee can. When cold spread with $\frac{1}{2}$ pint whipped cream and roll up.

MRS. GRANT ELGIN.

COCOA ROLL

5 eggs beaten separately	5 tablespoons sugar (scant)
5 teaspoons cocoa (heaping)	

Bake in waxed paper pan. Turn out on tea towel and roll. Cool. Unroll and fill with whipped cream and roll again. Serve with chocolate sauce.

MRS. HERALD WHITE.

PINEAPPLE UPSIDEDOWN CAKE

$\frac{1}{2}$ cup fat	2 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon salt
1 egg	1 cup cold water
$2\frac{1}{2}$ cups flour	

Cream fat and sugar. Add the well beaten egg. Sift together the flour, baking powder and salt. Add alternately with the water. Melt 2 tablespoons butter in pan. Add 1 cup brown sugar. Stir until melted. Put in layer of sliced pineapple. Pour batter over and bake 45 minutes. A heavy iron frying pan is the best ordinary receptacle for baking dish. Turn up-side-down when done and serve with whipped cream.

MRS. WALTER HUMMEL.

GINGER BREAD

(With Orange Sauce)

$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup brown sugar	1 cup flour
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sour milk	1 teaspoon ginger
1 egg	2 teaspoons cinnamon

Sift flour, soda and spices together. Cream butter and sugar. Add molasses, sour milk, egg, sifted ingredients. Bake in moderate oven.

Sauce: Mix together 1 tablespoon flour and 1 cup sugar, add gradually stirring all the while, $1\frac{1}{2}$ cups boiling water. Set sauce pan over fire and when mixture boils add 1 orange finely shredded. Boil till of the consistency of thick cream. Remove from fire, add 1 tablespoon butter serve hot or cold. At serving time cut ginger bread into squares, each into 2 layers. Pour sauce between and over layers, cover with whipped cream.

MRS. WILSON H. JEWETT.

PIE-CHERRY CAKE

1 cup pitted cherries	$\frac{3}{4}$ cup flour
1 tablespoon melted butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup sugar	1 egg
$1\frac{1}{2}$ teaspoons baking powder	

Mix cake dough, add cherries, bake 15 minutes in slow oven. Serve slightly warm with whipped cream. Serves 4 large or 6 small portions.

MRS. ORVILLE WALLER.

CHERRY SKILLET SPONGE

For the skillet:

$\frac{3}{4}$ cup brown sugar	2 tablespoons butter
$\frac{1}{4}$ cup pecans or walnuts.	1 quart jar of pitted cherries.
	$\frac{1}{4}$ cup candied cherries.

Melt butter in a large skillet, sprinkle the sugar evenly over it. Arrange the drained fruit and nuts in the skillet.

For the cake:

3 eggs	$1\frac{1}{2}$ cups sugar
$1\frac{1}{2}$ cups flour (sifted)	1 teaspoon baking powder
$\frac{1}{2}$ cup of boiling water.	few grains of salt

Beat the yolks well, and slowly add the dry ingredients, which have been sifted together, previously, beat well. Add the boiling water and

beat well. Then fold in the beaten egg whites. Pour over the cherries and bake in an oven of 325 to 350 degrees, for 45 minutes. Cool a little before turning out on a round platter, cherry side up. Pipe edges with whipped cream, if served at the table.

MRS. ARTHUR ROGERS.

CHOCOLATE TORTE

Melt $\frac{1}{2}$ pound of sweet chocolate and 2 or 3 tablespoons powdered sugar with 3 tablespoons warm water in a double boiler. Cook until a smooth paste and when cool add the yolks of 4 eggs one at a time, beating thoroughly each time you add a yolk. When cold add the stiffly beaten egg whites. Line a cake tin with waxed paper, put in a layer of lady fingers or sponge cake, then a layer of the filling, another layer of the cake and last a layer of the filling. Put in cold place 12 hours. Serve with whipped cream.

MRS. E. A. HIGGINS.

BLITZ TORTE

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup sugar and $\frac{3}{4}$ cup sugar
4 egg yolks beaten well	1 teaspoon baking powder
1 cup flour	3 tablespoons milk
5 egg whites	1 teaspoon vanilla

Cream shortening. Gradually beat in yolks, $\frac{1}{2}$ cup sugar, vanilla, flour and baking powder. Spread mixture in two round pans. Whip 5 egg whites stiff. Add gradually $\frac{3}{4}$ cup sugar. Spread this on first mixture. Sprinkle $\frac{1}{2}$ cup cut almonds, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon cinnamon on this. Bake the above 30 minutes at 350 degrees. When cool spread with sauce.

Sauce: Cook over water, 1 cup thick sour cream, 1 egg yolk, 2 tablespoons sugar, 1 tablespoon cornstarch, and vanilla.

MRS. FRANK CHAMBERS.

KISS TORTE MERINGUE

whites of 6 eggs	1 tablespoon vinegar
2 cups granulated sugar	1 teaspoon vanilla

Beat whites of eggs very stiff (on a platter.) Add sugar slowly, while continuing to beat. Add vinegar and vanilla slowly. Put in two buttered cake pans and bake in slow oven one hour. Serve with whipped cream between the layers and on top. Fresh crushed fruit may also be added. Serves eight.

MRS. ROBERT NEIGHBOR.

SCHAUM TORTE

To the whites of 8 eggs beaten very stiff add gradually (by folding in) 2 cups sugar, $\frac{3}{4}$ teaspoon cream tartar and 1 teaspoon vanilla. Bake very slowly for one hour and fifteen minutes. When cool, fill with whipped cream and decorate with fruit. Serves 8

MRS. E. A. HIGGINS.

MERINGUE WHIP

Beat whites of 6 eggs to partial froth, add $\frac{1}{2}$ teaspoon cream of tartar. Continue beating until stiff and dry. Add 1 cup granulated sugar. Beat until mixture will hold its shape when beater is lifted from it. Add gradually another cup of granulated sugar, folding in lightly this time. Flavor with orange extract and spread in two layer cake tins (spring type) buttered lightly and dredged with flour. Bake in slow oven 300 degrees F. 35 to 50 minutes. The meringue should be really dry, rather than bake and be a light brown when done. Remove from pans carefully and cool. Whip 1 pint cream, sweeten, flavor with vanilla. Spread between and over top of dessert.

MRS. WILSON H. JEWETT.

ICE BOX CAKE

1 cake DOT chocolate, melt in double boiler. Add 3 tablespoons boiling water and stir until smooth. Remove from fire and while still hot beat in 4 egg yolks (one at a time) Flavor with vanilla. Add stiffly beaten whites and salt.

Put a layer of lady fingers or sponge cake in the bottom of a small pan. Then pour in half the chocolate mixture. Then another layer of lady fingers and the rest of the chocolate. Let stand in the ice-box at least 12 hours. Serve with whipped cream. Serve 8 people.

MRS. WILL MOXLEY.

CHOCOLATE ICE BOX CAKE

2 squares unsweetened
chocolate

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup hot water

Put in double boiler and cook until chocolate is melted and then add yolks of

4 eggs (well beaten)
set aside to cool

1 cup powdered sugar and
1 teaspoon vanilla

cream 1 cup sweet butter

When chocolate is cold mix the two and fold in 4 well beaten egg whites. Take spring box form and grease well. Line bottom and sides with lady fingers and pour in mixture. Cover top with lady fingers. Leave in ice box several hours or over night. Serve with whipped cream.

MRS. EARL IMMEL.

GRAHAM CRACKER ROLL

Cut $\frac{1}{2}$ pound marshmallows in eighths, using scissors rubbed with shortening. Drop marshmallows into $\frac{1}{2}$ cup thin cream. Cut $\frac{1}{2}$ pound pitted dates into pieces. Roll $\frac{1}{2}$ pound of graham crackers until finely crumbed and $\frac{1}{2}$ cup walnuts coarsely chopped. Work together into a roll. Wrap in oiled paper and chill thoroughly in freezing compartment of refrigerator. Cut in slices, when ready to serve and top with whipped cream.

MRS H. W. TITUS.

ZWIEBACK PUDDING

(First Part)

1 package zwieback
 $\frac{3}{4}$ cup sugar
 1 tablespoon cinnamon
 $\frac{1}{2}$ cup butter melted
 1 egg

(Second Part)

2 cups milk
 3 egg yolks
 $\frac{2}{3}$ cup sugar
 1 tablespoon cornstarch
 1 teaspoon vanilla

(Third Part)

3 egg whites 6 tablespoons sugar $\frac{1}{2}$ cup zwieback
 Grind finely 1 package zwieback, put aside $\frac{1}{2}$ cup. Put first mixture in a well buttered baking dish, do not pack down tightly. Bake slowly 20 minutes.

Second Layer: Make custard, when cool pour over baked zwieback mixture.

Third layer: Make meringue of well beaten whites of 3 eggs and sugar. Pile on top of custard and sprinkle with zwieback crumbs. Place in oven and bake slowly 20 minutes. MRS. WILSON H. JEWETT.

APRICOT TART

Jam:

2 cans apricots 1 small can pineapple
 3 cups sugar

Drain and cut pineapple in small pieces, cook 30 minutes with 1 cup sugar. Do the same with apricots in separate pan. Mix and add $\frac{1}{2}$ cup of blanched almonds cut lengthwise. Cook 5 minutes and add 1 teaspoon almond flavoring. Stand aside to cool.

Pastry:

3 cups sifted flour 1 teaspoon baking powder
 1 cup sugar 1 egg well beaten
 1 cup butter 1 tablespoon milk

Cream butter and sugar, add egg and milk then flour. Roll and line square tin. Spread jam over and cover with crossed strips of pastry. Bake not less than 30 minutes, beginning at 450 degrees and decreasing as seems best. MRS. JESSIE M. HONEYMAN.

CHOCOLATE PUDDING WITH EGG SAUCE

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup milk
 1 teaspoon butter 1 cup flour
 1 egg 1 teaspoon baking powder
 1 square or $\frac{1}{4}$ cup ground $\frac{1}{2}$ cup chopped walnuts
 chocolate

Cream butter, add sugar, then egg, milk and dry ingredients, which have been sifted together. Stir in nuts and steam one hour in pan or about one-half hour if small cups are used for individual serving.

Sauce: Three egg yolks, $\frac{1}{2}$ cup sugar. Beat yolks slightly and stir in sugar. Steam in double boiler one-half hour and fold in stiffly beaten whites $\frac{1}{2}$ teaspoon vanilla may be added if desired. Keep hot until ready to serve. MRS. WALTER FELL.

FIG PUDDING

1 cup ground figs	1 cup bread crumbs
$\frac{1}{2}$ cup sugar	1 cup milk
$\frac{3}{4}$ cup melted butter	2 beaten eggs
Mix and steam two hours.	
Sauce:	
$\frac{1}{3}$ cup butter	3 tablespoons lemon juice
$\frac{1}{3}$ cup boiling water	3 egg yolks
1 cup sugar	

Cream butter and add sugar gradually, then add eggs slightly beaten, add water and cook over boiling water until mixture thickens. Remove from fire, add lemon juice, and some lemon rind, if desired.

MRS. FRANK JENKINS.

To Make a Hedge Hog Pudding

Put some Raisins of the Sun into a deep wooden Dish, and then take some grated bread, and one pint of sweet Cream, three yolks of Eggs with two of the whites, and some Beef Suet grated Nutmeg and salt, then sweeten it with sugar, and temper it all well together, and so lay it into the dish, and boyl it in Beef-broath and when you take it up lay it in a pewter Dish with the Raisins uppermost, then stick blanched Almonds very thick upon the pudding, then melt some butter and pour it upon the pudding, then strew some sugar about the dish, and serve it.

—From "the Compleat Cook's Guide," published in 1683.

Courtesy of MRS. P. L. CAMPBELL.

SUET PUDDING

One cup each molasses, raisins, milk, and suet (last chopped fine). Three small cups flour, one teaspoon each, soda, cinnamon, allspice and cloves, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon each, mace and nutmeg. Mix and steam three hours.

Sauce: One cup sugar, one tablespoon butter, 2 tablespoons flour, one pint of boiling water, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ teaspoon nutmeg. Mix all together and boil until clear, then add one teaspoon lemon, and half teaspoon vanilla.

MRS. W. F. JEWETT.

CARROT PUDDING

1 cup sugar	1 cup of ground raw potatoes
$\frac{1}{3}$ cup butter	1 teaspoon soda
1 cup ground carrots	1 cup chopped nuts
1 cup flour	1 cup currants
1 cup seedless raisins	1 egg beaten
$\frac{1}{3}$ teaspoon each, cinnamon, cloves, salt, allspice	

Grease pound baking powder cans and fill to within two inches of top. Cover and steam for two hours.

MRS. S. C. ENDICOTT.

SAILORS DUFF PUDDING

1 egg	2 tablespoons sugar
$\frac{1}{2}$ cup molasses	2 tablespoons melted butter
1 teaspoon soda	$\frac{1}{4}$ cup hot water
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup boiling water

Mix egg, sugar, molasses and melted butter, beat well, then add soda dissolved in hot water, add bread flour, and boiling water added last. Steam three hours. Serves 6.

Sauce for Sailors Duff Pudding:

2 egg yolks	$\frac{1}{2}$ pint whipping cream
1 cup powdered sugar	

Add powdered sugar gradually to beaten egg yolk and thoroughly cream. Just before serving add cream whipped stiff and vanilla to taste.

MRS. BASIL T. WILLIAMS.

STEAMED PUDDING

8 eggs beaten separately	2 apples diced
$\frac{3}{4}$ of a pound butter	1 pound bread crumbs
$\frac{3}{4}$ pound of sugar	grated peel of 1 lemon
$\frac{3}{4}$ pound currants	little nutmeg
$\frac{3}{4}$ pound raisins	$\frac{1}{2}$ cup Sherry Wine seasoning
$\frac{1}{4}$ pound citron	3 powdered cloves

Put in six baking powder cans and steam three hours. Leave lids off cans but on steamer.

MRS. DICK KIGER.

DATE PUDDING

2 cups chopped dates	steam four hours
(not too fine)	1 cup sugar
2 cups bread crumbs	2 eggs, well beaten
(not too dry)	2 tablespoons milk, salt and
1 cup chopped suet	cinnamon

Sauce: (Good with any steamed pudding). 1 cup powdered sugar, creamed with $\frac{2}{3}$ cups butter, yolks of 2 eggs, well beaten, vanilla. Boil 1 hour in double boiler.

MRS. WILL H. MURGITTROYD, Spokane.

FROZEN PRUNE WHIP

1 cup stewed prune meats	$\frac{1}{4}$ cup sugar
(chopped fine)	$\frac{1}{2}$ pint whipping cream
2 egg whites, beaten very stiff	pinch of salt
1 cup prune juice	1 teaspoon vanilla

Cook juice and sugar until quite thick; pour over egg whites (with salt added) beating constantly. Let stand until cool.

Whip cream until very stiff; mix prune meats and white of egg mixture with egg beater until fluffy. Then fold in whipped cream and vanilla. Pour in Frigidaire pans to freeze, setting the motor at 2. Freeze for 4 or 5 hours. Serve with whipped cream. Serves six.

MRS. EDWARD W. KELLEY.

CANTALOUPE FRAPPE

Select 2 large ripe cantaloupes. Cut in halves, remove the seeds and scrape out the pulp. Press the pulp through a sieve to remove

stringy portions. Add 1 cup powdered sugar and $\frac{1}{2}$ cup orange juice. Season with a pinch of salt. Soak a tablespoon of gelatine in $\frac{1}{4}$ cup of water, set over boiling water and stir until dissolved. Stir this into the cantaloupe mixture, and when cold freeze slowly. Serve in sherbet glasses.

—From "What Salem Dames Cooked." (Mass.)

Courtesy of MRS. P. L. CAMPBELL.

FROZEN MELANGE

Heat $\frac{1}{4}$ cup orange juice with 2 tablespoons lemon juice and dissolve in it 1 tablespoon gelatine already softened in 2 tablespoons cold water. Stir this into a cupful of ginger ale and add $\frac{1}{2}$ cup each of diced pineapple, cut-up maraschino cherries, diced peaches, fresh or canned, 1 tablespoon finely cut preserved ginger and 2 tablespoons powdered sugar. Freeze four hours in ice machine or pack in ice and salt.

MRS. LYNN MCCREADY.

COFFEE NUT PARFAIT

Boil $\frac{1}{2}$ cup water and 1 tablespoon coffee for 2 minutes, strain and pour onto $\frac{1}{2}$ cup sugar. Boil until it thickens. Mix this with 3 egg yolks and boil in double boiler until quite stiff, cool, fold in 3 egg whites well beaten and $\frac{1}{2}$ pint whipping cream, beaten stiff, add $\frac{1}{2}$ cup walnuts and dash salt. Put in tray and freeze about six hours.

MRS. L. B. SIGWART.

CHOCOLATE PARFAIT

$\frac{1}{2}$ cup ground chocolate	$\frac{1}{3}$ cup boiling water
$\frac{3}{4}$ cup sugar	

Boil ingredients for five minutes and add to well beaten yolks of 3 eggs. Add pinch of salt and 1 teaspoon vanilla and set aside to cool. When cold add to 1 pint whipping cream (whipped). Pour into refrigerator trays and freeze 3 or 4 hours.

MRS. HARRY TITUS.

FOUNDATION MOUSSE RECIPE

1 cup whipping cream, well	$\frac{1}{2}$ tablespoon gelatine
whipped	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	1 cup any fruit pulp

Mix sugar and fruit pulp; add dissolved gelatine and let stand until sugar is dissolved. Chill. Then fold in whipped cream to which salt and vanilla have been added. Pour into tray and freeze 5 to 6 hours.

MRS. L. B. SIGWART.

ALMOND MOUSSE

1 egg	1 pint double cream
$\frac{2}{3}$ cup sugar	1 tablespoon lemon juice
1 cup milk	1 teaspoon almond extract
1 cup chopped salted almonds	

Beat whole eggs very fluffy and add sugar, beat well, add milk and cook to smooth custard. Whip cream, add flavoring and lemon juice. Add well chilled custard, mix thoroughly, pour into trays to freeze. Serves 10 to 12 persons.

MRS. JOSEPH KOKE.

PINEAPPLE MOUSSE

Bring to boiling point $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ cup Pineapple juice. When cool gradually add to beaten whites of 3 eggs and add $\frac{1}{2}$ cup grated pineapple, beaten egg yolks, 1 pint cream whipped. Pour into refrigerator trays or molds, and freeze three hours.

MRS. HARRY TITUS.

AVACADO MOUSSE

1 $\frac{1}{2}$ cup whipping cream	2 level tablespoons Karo syrup
$\frac{3}{4}$ cup mashed avacado (large)	(clear)
4 level tablespoons sugar	1 tablespoon lemon juice

Mix avacado, syrup, sugar, and lemon juice add 2 drops almond extract. Fold into whipped cream. Freeze—color if not green enough

MRS. DAVID GRAHAM.

STRAWBERRY MOUSSE

1 cup crushed strawberries	1 tablespoon cold water
(or any crushed fruit)	$\frac{1}{2}$ tablespoon gelatine
$\frac{1}{4}$ cup sugar	
1 cup whipping cream	

Add sugar to fruit and let stand about an hour. Soften gelatine in cold water and dissolve over hot water. Add to berries or fruit and put in ice box until it begins to thicken. Fold in whipped cream and freeze about four hours.

MRS. F. A. BARKER.

MAPLE MOUSSE

To the beaten yolks of 4 eggs add $\frac{3}{4}$ cup maple syrup. Cook in double boiler until thick stirring constantly. Remove from stove and beat until cold. Set aside until ready for use. Beat 1 pint whipping cream very stiff. Add mixture of eggs and maple syrup gradually.

When mixed thoroughly add vanilla and 1 tablespoon sugar. Pack in ice and let stand four hours. Use salt liberally in packing.

MRS. WALDO ADAMS.

ICED RICE PUDDING WITH ORANGE COMPOTE

$\frac{1}{2}$ cup rice	1 pint milk
1 quart cream	1 cup sugar
salt	1 tablespoon vanilla
6 egg yolks	

Cook rice in 1 pint of boiling water $\frac{1}{2}$ hour, drain and add to the milk which has been brought to the boiling point, meanwhile. Cook till rice is tender. Beat the egg yolks with the sugar, add to the rice and cook 2 minutes. Remove from the fire, add vanilla and allow it to cool. Whip the cream add to the rice and cook 2 minutes. Remove from the fire, add vanilla and allow it to cool. Whip the cream add to the rice mixture when cold and freeze. When frozen, remove the dasher, smooth the surface and pack in salt and ice, two hours; serve with Orange Compote:

1 dozen sweet oranges	$\frac{1}{2}$ cup water
1 pound sugar	1 lemon

Boil sugar and water 10 minutes. Peel the oranges and cut in halves crosswise, remove the cores; put a few at a time in the syrup and cook gently, lay them out singly on a large dish and when all have been cooked pour the syrup over them; set them in the ice box to chill. To dish the pudding, lift the can out of the rice, wipe it clean and wrap it with a towel wrung out in hot water. Turn the iced rice out on a large round platter, put the oranges on top and around the pudding. Peach and apricot compotes are delicious, made in the same manner, being careful not to overcook them.

MRS. ARTHUR ROGERS.

CHOCOLATE ICE CREAM

36 marshmallows	2 cups milk
2 squares Baker's chocolate	1 pint whipping cream

Put marshmallows and chocolate in top of double boiler and melt; remove from fire and add milk, chill well and add the cream that has been whipped, put in Frigidaire trays to freeze. Beat with fork two or three times while freezing.

MRS. CHESTER STEVENSON.

PHILADELPHIA ICE CREAM

3 cups heavy cream	$\frac{1}{2}$ cup sugar
1 cup milk	$1\frac{1}{2}$ tablespoons vanilla
$\frac{1}{4}$ teaspoon salt	

Mix the ingredients. When freezing can is cold, pour in mixture, let stand 5 minutes. Surround the freezing can with ice and rock salt, using three parts of ice to one of salt. Turn the crank slowly for eight to ten minutes, then more rapidly until mixture is frozen. Remove dasher, scrape cream from sides of freezing can to middle and press down so as to have the cream one solid mass. Cover with wax paper and adjust lid of can. Cover with ice and salt, let stand to season.

MRS. WILSON H. JEWETT.

PEACH ICE CREAM

Make a custard of 1 pint of whole milk, 2 eggs, 1 tablespoon corn starch lump of butter, $\frac{1}{2}$ cup sugar; let cool. Peel and mash six large ripe peaches. Add 3 cups sugar. Let stand 10 minutes. Stir the peaches into the custard, add 1 quart of rich cream. Freeze. Makes fully 3 quarts when frozen.

MRS. J. M. MILLER.

PEACH ICE CREAM

Scald two cups of rich milk and add 1 cup sugar. 2 tablespoons of corn starch. Stir constantly over hot water until thick. Cool and add two cups crushed ripe peaches which have been sweetened to taste. Freeze to a mush and add two cups cream beaten until stiff. Continue freezing. A few drops of lemon juice added to the peaches improves the flavor.

MRS. GAVEN DYOTT.

NEAR MACAROON ICE CREAM

$1\frac{1}{2}$ pint heavy cream	$1\frac{1}{2}$ teaspoons corn starch
$\frac{3}{4}$ pint milk	1 tablespoon vanilla
$\frac{1}{2}$ cup shredded wheat crumbs	1 cup sugar
2 eggs	

Heat milk, pour $\frac{1}{2}$ of milk over shredded wheat crumbs. With remaining milk make custard as follows. Add sugar then corn starch

which has been dissolved with a little milk. After cooking a few moments add eggs beaten. Take from stove and add shredded wheat. When cool add cream, vanilla and freeze. Makes 2 quarts.

MRS. G. S. BEARDSLEY.

APRICOT MANHATTAN

1 can peeled apricots	$\frac{1}{2}$ pint cream
juice 1 lemon	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon cinnamon	1 teaspoon vanilla
1 drop almond flavoring	

Rub apricots through sieve using juice and all pulp. Add the lemon juice, cinnamon, and almond flavoring. Pour this into a melon mould (1 quart). Whip the cream, add sugar, and vanilla. Place this on top of the apricot pulp. Cover cream with waxed paper. Place cover of mould on tightly. Pack in 3 parts cracked ice and 1 part rock salt for 3 to 4 hours.

Pineapple Manhattan: Substitute 2 cans grated pineapple for apricots.

MRS. WILSON JEWETT.

RASPBERRY MANHATTAN

1 quart raspberries	$\frac{1}{2}$ pint cream
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup sugar
juice 1 lemon	1 teaspoon vanilla

Cook raspberries and sugar 20 minutes. Strain, cool. Add lemon juice. Make same as apricot Manhattan.

STRAWBERRY MANHATTAN

2 quarts strawberries	$\frac{1}{2}$ pint cream
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup sugar
juice 1 lemon	1 teaspoon vanilla

Do not cook strawberries. Press through sieve. Add sugar and lemon. Make same as apricot Manhattan.

MRS. WILSON H. JEWETT.

MANHATTAN PUDDING

$1\frac{1}{2}$ cups orange juice	$\frac{1}{2}$ cup powdered sugar
$\frac{1}{4}$ cup lemon juice	vanilla
sugar to taste	$\frac{2}{3}$ cup chopped nuts
1 pint heavy cream	

Mix fruit juices and sugar, pour in mold. Whip cream, add sugar, vanilla and nuts. Place on top of fruit mixture. Pack in ice and rock salt 3 to 4 hours.

MRS. ALTON BAKER.

LEMON SHERBET

juice of 1 large lemon	$1\frac{1}{2}$ cups sugar dissolved in juice
juice of 2 large oranges	1 quart whole milk

Pour milk in freezer first add fruit juice and sugar. Do not stir mixture before beginning to freeze.

MRS. ORVILLE WALLER.

GRAPE SHERBET

- | | |
|--------------------------|--------------------------|
| 1/3 cup sugar | 3 tablespoons clear Karo |
| 1 cup water | 1 cup grape juice |
| 1 tablespoon lemon juice | few grains salt |
| 1/2 cup heavy cream | 2 egg whites |

Boil the sugar, water, and syrup 5 minutes. Cool, add juices and salt. Freeze to a mush, then add the egg whites, which have been whipped, and the cream, whipped. Freeze again, and pack. A good orchid color.

MRS. ARTHUR ROGERS.

CURRANT ICE

Take two pounds of ripe red currants and 1/2 pound of red raspberries rub the pulp through a fine sieve into an earthen dish. Add 1 1/2 pints of thick syrup made of sugar and water. Put this into freezer, and freeze in the usual manner.

MRS. DAVID AULD.

FROZEN STRAWBERRIES

- | | |
|-----------------------|--------------------|
| 2 quarts ripe berries | juice 1 lemon |
| 1 pint water | juice of 2 oranges |
| 3 cups sugar | |

Put berries into large enameled or earthen bowl. Crush with wooden spoon or masher. Add lemon and orange juice and sugar. If convenient let stand about one hour. Add water, turn into freezer and freeze.

MRS. FREDERIC STICKELS.

PUDDING SAUCE

To the well beaten whites of two eggs add 1 cup powdered sugar, then the 2 yolks beaten until light and 1/2 cup whipped cream. Flavor and serve cold on either cold or hot pudding.

MRS. GAVIN DYOTT.

HOT CHOCOLATE SAUCE

(To be served with vanilla ice cream)

- | | |
|--------------------------|--------------------------|
| 4 tablespoons cocoa | about 1 1/2 cups boiling |
| 2 tablespoons cornstarch | water |
| 1 cup sugar | 1 teaspoon vanilla |
| bit of salt | |

Mix dry ingredients and add boiling water, stirring constantly. Cook in double cooker. Serve on vanilla ice cream, being careful to have the sauce very hot when served.

MRS. EDGAR E. MARTIN.

CHOCOLATE SAUCE

- | | |
|----------------------------|------------------------|
| 1 cup sugar | 1 tablespoon butter |
| 1/3 cup water | 1 teaspoon vanilla (or |
| 1 square Baker's chocolate | peppermint to taste) |

Melt chocolate and add butter, sugar and water. Boil 15 minutes. Cool a little before adding flavoring—but do not let cool too much before serving. For ice cream or cup cakes.

MRS. F. A. BARKER.

CHOCOLATE SAUCE

2 tablespoons butter (heaping)	4 tablespoons chocolate (Ghirardellis')
1 tablespoon flour	4 tablespoons sugar
1 cup boiling water	$\frac{1}{4}$ teaspoon vanilla
salt	

Melt butter, add flour and salt. Mix until smooth then add water slowly, beating well. Add chocolate and sugar mixed together, and cook until melted and smooth. Vanilla added last. Serve hot.

MRS. JAMES H. BAKER.

HOT FUDGE SAUCE

Melt one square of chocolate, add 1 tablespoon of butter and blend. Add one-third cup boiling water and bring to boil. Add one cup of sugar and 2 tablespoons corn syrup and boil 5 minutes. Cool slightly and add one teaspoon vanilla and pinch of salt. This is better if made in double boiler.

MRS. GEORGE SCHAEFERS.

SAUCE FOR ICE CREAM

1 cup light brown sugar	$\frac{3}{4}$ cup condensed milk
$\frac{2}{3}$ cup corn syrup	walnuts
4 tablespoons butter	

Cook the sugar and syrup till soft ball stage—add condensed milk, beating continuously. Add walnuts. Keep warm over hot water.

MRS. PAUL JENKINS.

ENTREES AND LUNCHEON DISHES

NOODLES

Sift two cups flour with a little salt. Make hole in middle and break in three eggs. Mix thoroughly and knead in a very stiff ball. Divide in about two or three parts and roll each very thin. Lay out on clean tea towels to dry (about $1\frac{1}{2}$ hours).

When dry sprinkle with flour, fold and roll. Cut very fine.

Put in boiling broth, stir, then cover and cook slowly 20 minutes. Have plenty of broth.

MRS. A. DENZIL ABEL.

NOODLE RING

1 package noodles

1 cup milk

4 eggs

cracker crumbs

Cook noodles in boiling salted water until tender.

Butter a noodle ring and put a thin layer of cracker crumbs and then about one-half of the cooked noodles, another layer of crumbs and bits of butter. The rest of the noodles and cracker crumbs on top.

Pour over this a custard made of the eggs and milk with salt and pepper to taste. Bake until firm.

Turn out on platter and serve with creamed chicken and sweet breads.

MRS. HARRY HOBBS.

NOODLE RING

1 package noodles cooked until
tender in salted water and
drained

$\frac{1}{2}$ cup cream

2 tablespoons melted butter
salt and pepper

5 eggs beaten together

Mix and put in well-buttered ring mold. Set in pan of hot water and bake in moderate oven thirty minutes. Loosen edges and turn out on platter.

Fill center with anything creamed, such as chicken, sweet breads, hard boiled eggs, tuna fish, crab, etc. Serves eight.

MRS. GROVER CORDZ.

CARROT RING

1 cup mashed carrots heaping

$\frac{1}{2}$ cup cracker crumbs

1 cup whipped cream

4 eggs beaten separately

Mix carrot, crumbs and egg yolks. Add cream and egg whites beaten very stiff. Salt to taste.

Put in buttered ring and set in pan of hot water. Bake about thirty minutes.

Fill with any creamed mixture, such as chicken, sweet breads, oysters, crab, etc.

MRS. HARRY PARSON, Portland.

CARROT RING

Rub one cup cooked carrot through a coarse sieve and add to one half cup thick white sauce, three eggs beaten separately, adding the whites last, one-half teaspoon salt and one-eighth teaspoon pepper. Place in a buttered ring mold, stand in a pan of hot water and bake in a moderate oven until firm. Remove from pan of hot water and let stand five minutes, then turn out on serving platter. Fill with creamed peas, creamed chicken, or any other desired mixture.

MRS. FRANK JENKINS.

CHICKEN SOUFFLE

2 cups chicken	$\frac{1}{4}$ teaspoon pepper
1 pint milk	3 eggs
2 tablespoons of butter	1 tablespoon of chopped parsley
2 tablespoons of flour	$\frac{1}{2}$ cup of soft stale bread crumbs
$\frac{1}{2}$ teaspoon salt	

Make a sauce of the milk, bread and flour. Season. Add beaten yolks of eggs, chicken and parsley. Whip the whites of the eggs to a stiff mixture. Turn into buttered ramekins and bake in a slow oven fifteen to twenty minutes.

MRS. DAVID AULD.

CHEESE AND TOMATO SOUFFLE

1 large tablespoon butter	1 cup cooked tomatoes
2 scant tablespoons flour	4 eggs
$\frac{3}{4}$ cup of grated cheese	

Melt butter in sauce pan and add flour. When well blended add tomatoes and cook until thick. Remove from fire and add beaten egg yolks, cheese and lastly whites of eggs beaten stiff.

Bake one-half hour in a pan of hot water.

MRS. HARRY HOBBS.

CHEESE SOUFFLE

$\frac{1}{4}$ cup flour	yolks 3 eggs
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup milk	paprika to taste
$\frac{1}{2}$ cup grated cheese	1 teaspoon onion juice

Make white sauce of butter, flour and milk. Stir in cheese and add egg yolks. Fold in stiffly beaten whites of eggs. Turn into a greased baking dish and set in a pan of water in hot oven. Bake until firm.

MRS. CHARLES TISDALE.

CHEESE SOUFFLE

Two tablespoons butter, 2 tablespoons flour, blend and add 1 cup milk—cook till thick and add 1 cup grated cheese, stir till blended and add 2 yolks beaten till lemon colored—cool and add 2 whites beaten stiff. Bake over water in moderate oven 20 to 30 minutes.

MRS. HOWARD HALL.

SPINACH SOUFFLE

1 large can spinach	5 eggs beaten separately
4 slices bread (crumbled)	salt

Put spinach through sieve; add bread crumbs, salt and egg yolks. Fold in whites. Put in small tins. Set in water and bake thirty minutes. Serve with creamed oysters, sweet breads, chicken, etc.

MRS. E. R. BRYSON.

VEGETABLE SOUFFLE

$\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup butter

1 cup cream

$\frac{2}{3}$ cup water in which vegetables have been cooked

2 cups cooked vegetables (peas and carrots)
6 eggs, well beaten separately

Melt butter, add flour, pour in gradually cream and water, add yolks, salt, pepper, vegetables and fold in whites last. Press vegetables through sieve. Butter mold and cook slowly in oven with mold placed in pan of water. Serve asparagus with rich cream sauce in center of ring. Green beans with Hollandaise sauce may be used in center.

MRS. WILL H. MURGITTROYD, Spokane.

SPINACH SOUFFLE

$\frac{1}{3}$ cup soft stale bread crumbs

3 egg yolks beaten light

$\frac{1}{3}$ cup milk

$\frac{1}{8}$ teaspoon pepper

3 tablespoons butter

$\frac{3}{4}$ cup cold cooked ham

1 cup chopped cooked spinach

salt to taste

2 tablespoons onion finely
chopped

3 egg whites beaten stiff

Soak bread crumbs in milk. Add butter and cook over fire one minute. Add spinach, onion, egg yolks, pepper and meat. Then fold in stiff egg whites. Turn mixture into baking dish and bake over hot water in a moderate oven, 350 degrees for about 50 minutes. Serve with white sauce flavored with lemon.

MRS. FRANK JENKINS.

CORN SOUFFLE

1 can corn

1 cup milk

2 well-beaten eggs

salt and pepper

1 cup bread crumbs

Brown the bread crumbs in a little butter. Mix all ingredients together, put in baking dish and bake $\frac{1}{2}$ hour in 350-degree oven. Set baking dish in pan of water while cooking.

MRS. FREDERICK G. STICKELS.

RICE OMELET WITH CHEESE SAUCE

$\frac{1}{2}$ cup rice (uncooked)

$\frac{1}{3}$ cup milk

2 eggs, beaten separately

1 teaspoon baking powder

pinch salt

Cook rice and pour water through it to separate grains. Beat yolks well, then add salt, milk, rice and baking powder, folding in beaten whites at the last. Melt 1 tablespoon butter in pan, turn in rice mixture and cook in moderate oven until thoroughly cooked—about twenty to twenty-five minutes. Fold over on good sized platter and pour over

cheese sauce. Garnish with parsley. Serves four generously and by adding one egg will serve six.

SAUCE

1 tablespoon butter	1 cup milk
1 tablespoon flour	$\frac{1}{2}$ cup cheese or more if desired
Season with salt and cayenne to taste.	

MRS. WALTER FELL.

WAFFLE-IRON OMELETS

6 eggs	$\frac{1}{2}$ cup cream or evaporated milk
$\frac{1}{3}$ cup flour	1 teaspoon salt
$1\frac{1}{2}$ teaspoons baking powder	1 tablespoon butter

Beat the yolks separately, add the dry ingredients, which have been sifted together. Add the cream and the melted butter. Fold in the beaten egg whites. Place from two to three tablespoons of mixture in the pre-heated waffle iron and cook about two minutes. The omelet may be turned into an omelet pan, a frying pan, or ramekins. Be sure the dish is well buttered. Place in oven of 400 degrees until it rises then reduce heat to 325 degrees, and bake until the omelet is firm; it must be cooked slowly or it will be raw inside. This omelet will "stand up" until served. When removing the omelet from the waffle iron serve at once. Serve with mushroom sauce, or heated asparagus tips and a rich white sauce, or cheese sauce, made by adding $\frac{1}{2}$ to 1 cup of grated cheese, as desired, to each cup of white sauce. Serves four persons.

BROWN MUSHROOM SAUCE

Make a sauce of 4 tablespoons butter, and 4 of flour, 1 cup of milk, 1 cup of boiling water in which 2 cubes (boullion) have been dissolved. Add $\frac{1}{2}$ cup of sauted mushrooms, 1 teaspoon grated onion, and $\frac{1}{4}$ teaspoon kitchen bouquet.

MRS. ARTHUR ROGERS.

STUFFED EGGS

Boil six eggs hard. Mash yolks and add one tablespoon melted butter, 1 teaspoon celery salt and $\frac{1}{4}$ teaspoon pepper. Refill whites and pour following sauce around:

1 tablespoon butter	$\frac{1}{3}$ cup grated cheese
2 tablespoons flour	salt and pepper
1 cup milk	

MRS. ALTON BAKER.

SCRAMBLED EGGS ON SPAGHETTI

$\frac{1}{2}$ package spaghetti	1 tablespoon butter
6 eggs	2 tablespoons minced sardines
6 tablespoons milk	$1\frac{1}{2}$ cups medium white sauce
salt and pepper	1 cup grated American cheese

Cook the spaghetti in boiling water until tender. Put it on buttered platter. Break eggs into top part of double boiler, add the milk, butter and seasoning. Beat with wire whip until eggs are partly set. Add sardines, turn over spaghetti. Cover with white sauce to which the cheese has been added. Run platter under the broiler for a few moments to brown. Serves six.

MRS. FRANK JENKINS.

EGGS A LA CARACAS

- | | |
|----------------------------------|--------------------|
| ¼ pound dried beef, chopped fine | 4 raw eggs |
| 1 tablespoon minced onion | 2 hard-boiled eggs |
| 1 cup stewed tomatoes | ¼ teaspoon salt |
| 2 tablespoons butter | dash of cayenne |

Put onion first in melted butter. Add tomatoes, beef, eggs, cheese and seasoning, each in quick succession. Stir like scrambled eggs. Serve on very flaky crackers or toast squares. Garnish with hard-boiled eggs, sliced.

MRS. G. E. LEHMAN.

CHEESE CROQUETTES

- | | |
|----------------------|-----------------------------------|
| 2 tablespoons butter | 1 ¼ cup cheese cut in small cubes |
| ¼ cup flour | 2 egg yolks |
| 2/3 cup milk | salt and cayenne |

Make white sauce with butter, flour and milk. Add yolks slightly beaten. Remove from fire and fold in cubes of cheese. Season and spread on plate to cool. Shape, dip in bread crumbs, then in egg and then in crumbs again and fry in deep fat.

MRS. WALTER HUMMEL.

MACARONI LOAF

- | | |
|------------------------------|-----------------------------------|
| 1 cup soft bread crumbs | 3 eggs |
| 1 cup macaroni, cooked | 1 tablespoon parsley |
| 1 cup grated American cheese | 4 level tablespoons melted butter |
| 1 cup cream or milk | |
| 1 pimento | |

Mix all and bake in pan of water for 35 minutes, in moderate oven. Serve with either a tomato sauce or mushroom sauce.

MRS. HOWARD HALL.

TAGLIARINI

Boil tagliarini or spaghetti until tender and drain just before using, as it must be hot. Cover 1 cup dried mushrooms with hot water and let stand 15 minutes. Drain and cut up. (Fresh or canned mushrooms may be used). Brown 1 pound of beef or veal cut in small cubes, in olive oil, add 1 medium sized minced onion, 2 cloves of garlic minced and when browned and tender add the mushrooms and 1 can of tomato puree, which has been heated separately. Season with salt and pepper and serve over spaghetti with grated parmesan cheese.

NOTE:..Other vegetables such as string beans, peas, corn or carrots may be added and the cheese may be omitted.

MRS. DAVID EVANS.

ITALIAN DELIGHT

- | | |
|-------------------------|--------------------|
| ½ pound hamburger steak | 1 can tomato sauce |
| ½ pound spaghetti | olive oil |
| 1 can mushrooms | grated cheese |
| 1 can corn | salt |
| 1 can tomato soup | pepper |
| 1 green pepper | |

Fry steak in oil until brown. In another pan saute onion and pepper chopped fine and small clove of garlic in about one-half cup olive oil,

Put cooked spaghetti and meat in large baking dish and put other ingredients on top.

Cook in oven about twenty minutes.

MRS. HOWARD HALL.

ITALIAN SPAGHETTI

- | | |
|-------------------------------------|------------------------------|
| One package spaghetti—
cooked | 1 green pepper chopped fine |
| $\frac{3}{4}$ pound American cheese | 2 cloves garlic chopped fine |
| 1 small bottle catsup | 5 tablespoons olive oil |
| 5 tablespoons tomatoes | salt, pepper and paprika |

Mix all together and bake in casserole thirty to forty-five minutes.

MRS. JOHN LILLARD.

ITALIAN SPAGHETTI

- | | |
|----------------------------------|--|
| 1 onion, medium size, chopped | 2 cups tomatoes, strained |
| 2 tablespoons of butter | $\frac{3}{4}$ pound or 3 cups uncooked
spagetti |
| $\frac{3}{4}$ pound calves liver | $\frac{1}{2}$ cup grated strong American
or Parmesan cheese |
| 1 tablespoon chopped parsley | |
| 2 teaspoons salt | |
| $\frac{1}{8}$ teaspoon pepper | |

Brown onion in butter. Add chopped liver, parsley, salt and pepper. Cook slowly ten minutes. Add tomato. Simmer 20 minutes. Cook spagetti in 4 quarts boiling water with 4 teaspoons salt. Drain. Have large dinner plates buttered and hot and sprinkle with cheese. Pile spagetti on plates and pour sauce over each. Sprinkle with cheese and serve hot. (Will serve 10.)

MRS. CARLTON SPENCER.

BUDDY'S SPAGHETTI

- | | |
|-------------------------------------|--|
| 1 package of spaghetti | $\frac{1}{2}$ pound ground round steak |
| 1 large can solid pack
tomatoes | salt and pepper |
| 2 garlic buds | 1 small can of mushrooms or |
| 1 cup milk | 2 tablespoons of dried
mushrooms |
| 1 tablespoon butter | (If you use dried mushrooms,
soak in hot water $\frac{1}{2}$ hour
before using.) |
| $\frac{1}{4}$ pound American cheese | |
| $\frac{1}{2}$ teaspoon sage | |

Boil spaghetti in salted water until tender, wash and drain. Butter baking dish, line bottom with spaghetti, cover with a layer of salted tomatoes, cheese, ground steak broken into small chunks and part of mushrooms, sprinkle with part of sage and garlic bud cut fine. Make another layer of spaghetti and repeat the above until all ingredients are used. Pour milk over top and sprinkle with dots of the butter. Put a tooth pick in the other garlic bud and place in center of dish. (Be sure to remove before serving.) Bake in a moderate oven for 2 hours. Serves 8 people. This spaghetti is always better on the second day for it seems to get better seasoned. When warming it up you may need to add about 1 cup more of milk.

MRS. WEIR McDONALD.

SPAGHETTI A LA ITALIANA

Put 2 quarts of salted water to boil and 15 minutes before serving put in one pound of unbroken Italian Spaghetti and cook for ten minutes after the water has begun to boil furiously. Drain in a colander.

Have the following sauce prepared before hand. Sautle in olive oil one previously roasted chicken or one pound of roasted veal and one pound roasted beef cut up in fine cubes, 2 garlic cloves, minced; 1 onion minced; 1 teaspoon of vinegar; $\frac{1}{2}$ teaspoon pepper, 1 teaspoon salt and at the last 1 small can of tomato paste. When well mixed and thick remove from fire. There should be two large cupfuls of sauce. Have grated $\frac{1}{2}$ pound of Parmesan cheese. Arrange the spaghetti in layers on a platter; first the spaghetti, then the sauce and last of all the cheese. Serve at once. Six to eight servings.

MRS. WIER McDONALD.

SCALLOPED RICE

2 $\frac{1}{2}$ cups cooked rice

1 cup milk

4 eggs beaten lightly

1 onion chopped

salt, pepper, cheese, bacon

Mix together, put in casserole dish and top with cheese and strips of bacon.

MRS. H. W. TITUS.

GREEN RICE

2 cups hot boiled rice

1 package Kraft's American
cheese

1 tablespoon green chili
pepper (canned)

1 cup parsley

1 onion

2 cups condensed milk

2 eggs beaten

2/3 cup (scant) Wesson oil
salt to taste

Add cheese to hot rice. Put parsley, onion and chili pepper through food chopper and add to rice. Add milk.

Combine oil and eggs as you do in making mayonnaise and add to rice mixture.

Bake in greased casserole in moderate oven for about thirty minutes.

MRS. GRQVER CORDZ.

SPANISH RICE

Put 6 tablespoons olive oil in skillet and heat, add minced onion, green peppers, 1 clove of garlic, 1 bay leaf, 6 pepper corns and fry until slightly browned. Add 1 cup rice and brown, being careful not to burn. Add 1 large can of tomatoes and cook until rice is tender or the rice may be cooked separately and sauce added after boiling down. Any cold meat may be added also and cooked with the sauce.

MRS. DAVID B. EVANS.

RUM TUM DITTY

Pour contents of one can Campbell's Tomato Soup into chafing dish or double boiler. When hot add one pound Tillamook cheese cut in

dice. Cook until cheese is thoroughly melted and mixed with soup. Add small amount of dried beef shredded and one egg beaten slightly. Serve hot on crackers or thin toast.

MRS. REX UNDERWOOD.

MACEDOINE VEGETABLE LOAF

1 tablespoon butter	$\frac{1}{2}$ cup cooked carrots finely cut
1 tablespoon flour	
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup cooked celery finely cut
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{2}$ cup cooked peas
2 eggs	1 tablespoon pimento chopped fine
1 cup cooked macaroni, rice or spaghetti	$\frac{1}{2}$ cup cream, salt and pepper to taste

Melt butter, add flour, then milk and bread crumbs. Cook about three minutes, remove from fire and add egg yolks beaten. Then spaghetti, vegetables, and seasonings. Add cream, and fold in beaten egg whites. Pour into greased mold, set in pan of hot water to bake in moderate oven. Serve with regular cream sauce to which a generous amount of cheese has been added.

MRS. LYNN MCCREADY.

HOT TAMALES

2 chickens (hens) boiled	salt to taste
4 quarts broth	2 pounds Eastern Yellow corn meal
1 teaspoon cayenne	

Add corn meal to broth and cook as for cereal over water from one to two hours.

Have corn husks soaked in water. Spread out; add a mound of cooked corn meal; put pieces of chicken on meal—green olives, catsup, then a little more meal on top. Fold up in husks and tie. Steam before serving.

MRS. DICK KIGER.

LIMA BEANS WITH PORK CHOPS

$\frac{1}{2}$ pound dry lima beans	$\frac{1}{4}$ cup tomato catsup
1 teaspoon salt	1 pound pork chops
1 tablespoon finely chopped onion	

Cook beans until tender. Season. Pour into large flat baking dish. Add water if necessary. Then place pork chops which have been cut through fat edge to prevent curling. When meat has browned through on one side turn over and reduce heat to low. Bake for one hour and a half.

MRS. H. W. TITUS.

CURRIED VEAL BALLS AND RICE

1 pound veal (ground)	1 egg
$\frac{1}{8}$ pound pork (ground)	1 tablespoon milk
$\frac{3}{4}$ cup cracker crumbs	salt and pepper

Mix and shape into oblong balls.

Cook one half sliced onion in two tablespoons of butter or bacon fat until onion is light golden color. Add meat balls and brown on all

sides. Remove meat and add more fat and one tablespoon of flour, one-half teaspoon curry powder. Add two cups of water, season and strain over meat. Cover and simmer one hour. Serve in rings of rice with butter. Cover balls with gravy and garnish with minced parsley.

AMY DUNN.

TAMALE LOAF

$\frac{1}{2}$ can corn	$\frac{1}{2}$ cup corn meal (scant)
$\frac{1}{2}$ can tomatoes	6 ripe olives
1 tablespoon melted butter	$\frac{1}{2}$ cup chopped meat—ham or chicken
$\frac{1}{2}$ large onion	salt and cayenne to taste
$\frac{1}{2}$ chopped green pepper	
1 well beaten egg	

Melt butter, add onion and pepper and cook until tender. Add corn, tomatoes, salt and cayenne and bring to boiling point. Add corn meal gradually, stirring constantly. Cook about twenty minutes and then add egg, olives and meat. Pour into greased baking dish and bake for forty-five minutes. Serve with tomato sauce.

MRS. GROVER CORDZ.

CHEESE RAMEKINS

3 tablespoons melted butter	$\frac{1}{4}$ pound grated cheese
salt, paprika, pinch of mustard	2 eggs, well beaten
$\frac{3}{4}$ cup fine soft breadcrumbs	$1\frac{1}{2}$ cups milk

Melt butter, add seasoning, crumbs and cheese. Add milk to eggs. Add to first mixture. Put in buttered molds. Bake in pan of hot water in moderate oven until firm. Serve very hot.

MRS. ALTON BAKER.

SHRIMPS AND RICE

Melt 4 tablespoons of butter. Cook in it for a minute 1 tablespoon minced celery and $\frac{1}{2}$ small onion chopped fine. To this add 2 cups boiled rice, $\frac{1}{2}$ teaspoon salt and 1 cup thin cream. Stir until hot then add 2 cups of shrimps which have been cut fine; and 2 tablespoons tomato catsup. Stir over boiling water until hot.

MRS. CARL G. WASHBURNE.

SPANISH MACARONI WITH MEAT

1 cup cooked macaroni	1 pint canned tomatoes
1 cup grated cheese	$\frac{3}{4}$ pound ground round steak
1 pint canned corn	

Shape round steak in small balls and saute. Add grated cheese, corn and tomatoes to macaroni and season. Pour latter mixture over meat balls and bake three fourths of an hour. If "hotter" taste is desired, add bit of red or green peppers.

MRS. ORVILLE WALLER.

MACARONI MOUSSE

1 cup uncooked macaroni	1 red pepper or pimento,
1 ½ cups scalding milk	chopped fine
1 cup soft bread crumbs	1 tablespoon chopped parsley
¼ cup butter	1 teaspoon chopped onion
3 eggs	1 teaspoon salt
	½ cup grated cheese

Cook macaroni in two quarts boiling, salted water for fifteen minutes. Drain. Pour scalding milk over bread crumbs, add melted butter, red pepper, parsley, onion, salt and grated cheese. Lastly well beaten eggs. Pour over macaroni. Put in buttered baking dish, set in pan of boiling water and bake in a moderate oven (350 degrees F.) for forty minutes. Serve with following mushroom sauce if desired.

MUSHROOM SAUCE

4 tablespoons butter	1 small can of mushrooms
4 tablespoons flour	salt and pepper
2 cups milk	

Melt butter, add flour, and stir until smooth. Add milk gradually and cook for ten minutes. Add salt, pepper and mushrooms.

MRS. FRANK JENKINS.

PEPPERS AND TOMATOES

Select medium sized peppers. Remove all seeds and boil in slightly salted water until tender. Fill with cooked lamb or veal, chopped fine, and mixed with white sauce well seasoned. Place on top of each pepper a small mushroom, either canned or parboiled until tender.

Peel equal number of tomatoes about same size as peppers. Fill with well buttered bread crumbs seasoned with onion juice.

Place in baking pan or casserole with small quantity of water. Bake in medium oven until tomatoes are tender and peppers well seasoned. Serve on large silver plate—peppers and tomatoes in alternation.

MRS. P. L. CAMPBELL.

FISH AND FISH SAUCES

FISH AND FISH SAUCES

This is an important part of our food supply, the iodine content of fish alone would be a reason for serving it often. Then it has other properties, such as, iron, calcium, and it supplies vitamins. The varieties of fish and shell fish are numerous, as well as the modes of preparing them. Raw oysters served on oyster plates, or oysters on the half shell have long been a popular first course for dinner, serving the oysters on the deep half of the shell, allowing six to the person, arranging them on soup plates of crushed ice, the oyster lover preferring only the one-fourth of a lemon in the center of each plate. The smaller oysters used in cocktails are treated in the chapter on appetizers.

DEVILLED CRAB

3 tablespoons of butter	2 tablespoons flour
2 tablespoons onion juice	1 teaspoon paprika
1 teaspoon mustard	1 teaspoon Worcestershire sauce
1 teaspoon salt	f. g. cayenne
$\frac{1}{2}$ teaspoon pepper	2 hard-cooked eggs
$\frac{1}{2}$ cup milk	bread crumbs
$1\frac{1}{2}$ cup crab meat	
1 tablespoon chopped green pepper	

Saute pepper in butter, add crab meat and onion juice. Sift the dry ingredients over it, add milk and egg chopped. Put into oiled ramekins or scallop cups, cover with buttered crumbs and bake at 375 degrees.

MRS. ARTHUR ROGERS.

CRAB CREOLE

1 tablespoon melted butter	1 can pimientos, chopped
1 tablespoon flour	1 pint milk
1 large can tomatoes	1 teaspoon paprika
$\frac{1}{2}$ large green pepper, chopped	1 teaspoon salt
2 cloves garlic	dash of pepper
$\frac{1}{2}$ large dry onion	1 large can of crab, or 2
1 tablespoon finely chopped parsley	fresh crabs, (not shredded)
1 large can mushrooms	1 cup ripe olives

Blend together flour and butter. Add other ingredients in order named, stirring constantly. When done, pour onto platter and surround with moulds of boiled rice or serve in ramekins.

MRS. P. G. CALLISON.

CRAB AU GRATIN

1 can crab or equivalent of fresh crab	1 tablespoon grated cheese or more to taste
2 tablespoons chopped green peppers	2 tablespoons flour
1 small onion	1 cup milk
1 tablespoons butter rounded up	1 teaspoon Worcestershire sauce

Cook onions in butter until tender and add flour and milk to make white sauce. Add Worcestershire sauce, green peppers and grated cheese. When blended add flaked crab and salt to taste. Place in individual ramekins or casserole, cover with bread crumbs, melted butter and more grated cheese. Cook long enough in oven to heat through and brown.

MRS. WALTER FELL.

CRAB AU GRATIN

1 can of crab meat	$\frac{1}{4}$ cup of grated cheese
1 can of mushroom stems and pieces	1 cup of cracker and bread crumbs
2 cups of white sauce	

Grease baking dish well; put half of the crab meat and half of the mushrooms in the dish; then a layer of white sauce; small pieces of butter; cracker crumbs, cheese, and a dash of paprika. Make another layer of the same. Cover dish and bake in hot oven until brown. (about 15 minutes.) Serves four.

MRS. EDWARD W. KELLEY.

CRAB MEAT SCALLOPED WITH PEA SAUCE

2 cups crab meat	2 pimientos chopped
$\frac{1}{2}$ cup scalded milk	1 cup cheese
1 cup soft bread crumbs	3 beaten eggs
$\frac{1}{4}$ cup melted butter	seasoning
2 tablespoons chopped peppers	

Pour milk over bread crumbs. Add crab meat, butter, pimento, green peppers, onion, grated cheese, seasoning and beaten egg. Pour into buttered dish set in water and bake fifty minutes at 350 degrees.

MRS. WALTER HUMMEL.

BAKED CRAB MEAT

1 pound of crab meat or	1 green pepper chopped
2 cans of Tuna fish	$\frac{1}{2}$ package pimento cheese
1 can mushrooms	3 cups milk
1 package noodles (wide) boiled in salt water	4 hard boiled eggs

Make very thick cream sauce, season well with pepper, salt and butter, add cheese while cooking; when cheese is melted add other ingredients, put in baking dish, cover top with rice crispies and bits of butter. Bake in slow oven until lightly brown. If a vegetable salad and hot biscuits or rolls are served with this it makes a very complete luncheon when followed with dessert.

MRS. WILL MURGITTROYD, Spokane.

JAPANESE CRAB

1 can of crab meat	1 cupful milk
$\frac{1}{2}$ lemon	1 small can mushrooms
1 teaspoon Worcestershire sauce	1 teaspoon grated onions
few grains cayenne	paprika
1 tablespoon of butter	$2\frac{1}{2}$ teaspoons salt
fat or oil	1 tablespoon flour
	3 hard-boiled eggs

Combine the canned crab meat or an equal quantity of fresh crab meat with the mushrooms. Add the lemon-juice, onion, Worcestershire sauce, salt, paprika and cayenne. Make a white sauce with the fat and flour and milk, and add to it the crab mixture and the hard-boiled eggs which have been cut into small pieces. Cook until thoroughly heated and serve on toast. Or you may fill greased ramekins and sprinkle with grated cheese and cracker crumbs and bake for 12 minutes at 500 degrees. Serves six.

MRS. WEIR McDONALD.

CRAB SAVORY

2 heaping tablespoons butter	1 tablespoon Worcestershire sauce
$\frac{1}{2}$ small onion, minced	
$\frac{1}{2}$ green pepper, minced	1 tablespoon grated cheese
4 tablespoons flour	1 pound crab flakes
2 cups milk	

Saute onion and pepper in butter, add other ingredients and bake in ramekins with cheese and grated bread crumbs on top. Serves 8.

MRS. A. F. RAPP.

CRAB FARCI

$\frac{1}{4}$ pint milk	1 tablespoon butter
1 level tablespoon flour	2 cups boiled crab meat
3 hard cooked eggs	1 tablespoon chopped parsley

Melt the butter, add the flour and stir in the milk; cook until thick, take from the fire and add the crabmeat, cut into small pieces, the eggs chopped, and the parsley. Mix well. Put farci in ramekins or in large baking dish, put bread crumbs on top and brush over with beaten egg. Bake 15 minutes to brown.

MRS. CARL G. WASHBURNE.

OYSTER PAN ROAST

Sauce: Melt a large lump of butter in a pan, add 2 heaping tablespoons flour, stir until smooth. Stir in the liquid from the oysters, add 4 tablespoons catsup, $\frac{3}{4}$ teaspoons Worcestershire sauce, a pinch of salt, and the juice of $\frac{1}{2}$ lemon. Stir constantly, adding oysters lastly. Serve on hot toast.

MRS. W. DENZIL ABEL.

ESCALLOPED OYSTERS

1 pint oysters	1 cup cracker crumbs
2 tablespoons rich milk	$\frac{1}{2}$ cup melted butter
$\frac{1}{2}$ cup bread crumbs	salt and pepper

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of greased shallow baking dish, cover with oysters and

sprinkle with salt and pepper. Add one-half the milk with some of the oyster liquor. Repeat and cover top with remaining crumbs. Do not use more than two layers. Be sure to use both cracker and bread crumbs. Bake about 30 minutes in a hot oven.

MRS. FRANK JENKINS.

OYSTER LOAF

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|---------------------------------|------------------------------|
| 1 loaf of bread | 1 lemon |
| 1 quart of oysters | 1 tablespoon chopped parsley |
| $\frac{1}{2}$ cup melted butter | salt and pepper to taste |
| 2 cups drawn butter sauce | |

Cut crusts from loaf of bread, remove crumbs, making a case. Brush this with butter and place in a slow oven to become crisp and slightly brown. Cleanse, drain, and dry oysters and chop all but ten. Add oysters to a freshly made drawn butter sauce. Meanwhile, saute the whole oysters in a small pan a few moments. Pour the hot mixture into the hot bread case and place the whole oysters in a row on top. Garnish with parsley and lemon.

MRS. ARTHUR ROGERS.

ANGELS ON HORSEBACK

Dip an oyster in egg batter; roll in flour, then in bread crumbs; wrap in bacon held together with toothpick. Fry in deep grease for about one to one and a half minutes. MRS. EDWARD W. KELLEY.

SALMI OF SALMON

- | | |
|-------------------------------------|-------------------|
| 3 pounds salmon | 8 cloves |
| 1 small carrot | 1 cup brown sugar |
| 1 tablespoon celery in small pieces | 1 small onion |
| 2 cups water | 3 bay leaves |
| 2 tablespoons vinegar | 8 peppercorns |
| | salt |

Put all ingredients except the salmon into a stew pan and when boiling, put in the salmon. Simmer till cooked. Take off the skin and place fish on a platter. Serve with the following sauce: Strain the stock, add ten ginger snaps and one cup raisins. Cook till it thickens, pour over salmon, and garnish with slices of lemon and halves of walnuts.

The salmon may be cut into portions and served on individual plates.

MRS. JESSIE M. HONEYMAN.

SHRIMPS AU GRATIN

- | | |
|--|---|
| $\frac{1}{2}$ pint shrimps fresh or canned | 2 tablespoons of chili sauce |
| $\frac{1}{2}$ teaspoon scraped onion | few grains cayenne |
| $\frac{1}{4}$ teaspoon celery salt | $\frac{1}{4}$ cup buttered cracker crumbs |
| 1 cup white sauce | |

To 1 cup of white sauce add the chili sauce, onion, cayenne, celery salt. Mix well and add all the shrimps but four whole ones. Put in buttered ramekin dishes, sprinkle with buttered cracker crumbs and bake 15 minutes at 400 degrees. Put reserved shrimps in the center of a border of finely cut green pepper or fresh parsley around the edge and serve at once. Fills four ramekins.

MRS. WEIR McDONALD.

CREOLE SHRIMP A LA TUFT

2 cups tomatoes
 1 cup chopped celery
 1/2 small onion, chopped fine
 parsley

Simmer 30 minutes. Make thick white sauce: 1 tablespoon butter, 2 teaspoons flour. Milk to make thick sauce. 1 cup okra cooked with tomatoes. Add pinch salt to tomatoes, 1/2 teaspoon Worcestershire, sauce, cayenne and tabasco. Add sauce to tomatoes and 2 cans shrimp.

MRS. WALTER HUMMELL.

SHRIMP FOO YUNG

3/4 cup shrimp meat
 1/4 cup water chestnut
 5 eggs
 1 tablespoon soy sauce
 1/4 cup bamboo shoots, sliced
 1 tablespoon flour
 1/4 cup sliced mushroom
 1 teaspoon sugar
 1/4 cup sliced ham or roasted
 1/4 teaspoon salt
 meat

Cook the shrimp meat in a greased pan. Season to taste. Cook meat with the mushroom and then add the vegetables. Mix altogether and spread evenly over a pan and pour in the well-beaten eggs. Keep turning carefully so it will not brown too much. Cut in small shapes as turned.

PICK WAN HOH, Canton, China.

SCRAMBLED CLAMS

1 can minced clams
 2 eggs
 6 tablespoons milk
 1/3 cup cracker crumbs

Beat eggs and milk, mix all well and fry in butter, stirring constantly.

MRS. C. R. MANERUD.

BAKED FISH WITH STUFFING

Clean red snapper, or salmon or bass. Sprinkle with salt inside and out, stuff with cracker stuffing, sew or tie with tooth picks and string. Place on a greased baking dish or on a broiling rack on a broiling pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour and place around fish, pieces of salt pork or bacon strips. Bake in 400 degrees oven for 1 hour. Serve with drawn butter, egg or Hollandaise sauce. Garnish with lemon or parsley.

(Fish Stuffing)

1/2 pound crackers
 1/2 cup of melted butter
 1/2 cup diced celery
 pepper and salt to taste
 1 tablespoon scraped onion
 Warm milk to moisten

Break crackers and add seasoning, butter and milk. Cut celery fine and add the grated onion and combine.

MRS. WEIR McDONALD.

CREAMED TUNA FISH AND MUSHROOMS

(FOR PASTRY SHELLS)

2 cups tuna fish
 2 1/2 tablespoons flour
 1 can mushrooms
 3 cups milk
 1 cup pecan or walnut meats
 salt and white pepper to
 2 tablespoons butter
 taste

Break the fish to pieces with a fork, cut the mushrooms into pieces and break up the nutmeats. Make a white sauce of the remaining ingredients and combine all. Serve in crisp pastry cases.

MRS. ARTHUR A. ROGERS.

NOODLES AND TUNA FISH EN CASSEROLE

$\frac{1}{2}$ package noodles	1 cupful of grated cheese
1 small can of tuna fish	1 pimento
2 cupfuls of medium white sauce	

Boil noodles until tender in salted water, then drain. Add to the white sauce, together with part of cheese. Flake the tuna and chop the pimento and add these to the noodle mixture. Put into an oiled baking dish, cover with the remainder of the grated cheese, sprinkle with the cracker crumbs and bake in a moderate oven 375 degrees for 30 minutes. Variety and interesting flavor are given by adding either canned or dried mushrooms (the latter to be soaked in hot water for 30 minutes before using), or chopped olives or parsley cut fine.

MRS. WEIR McDONALD.

STEAMED SALMON LOAF

1 can salmon	2 tablespoons butter
$\frac{3}{4}$ cup cracker crumbs	$\frac{1}{2}$ cup milk
3 eggs	salt and pepper to taste

Rub salmon smooth, add butter, crumbs, seasoning and beaten egg yolks. Fold in stiffly beaten whites. Steam one hour.

MRS. C. R. MANERUD.

SALMON LOAF

1 quart salmon (drain)	1 large tablespoon of onion
$\frac{1}{2}$ cup butter melted	juice. Salt and pepper to
$\frac{1}{2}$ cup bread crumbs (large)	taste
	3 eggs beaten separately

Bake in greased pan or dish about 30 minutes. Serve with egg cream sauce.

MRS. GAVEN DYOTT.

SALMON LOAF

2 cups canned or cooked salmon	1 cup bread crumbs
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon pepper
1 tablespoon minced parsley	2 tablespoons melted butter
1 egg	1 teaspoon salt

Remove skin and bones from fish and pick to pieces with a fork. Add beaten egg, milk and bread crumbs. Place in oiled loaf dish, or noodle ring and bake one hour at 350 degrees.

AMY LOUISE DUNN

SALMON LOAF

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|----------------------|--------------------|
| 1 can salmon | 2 eggs |
| 4 tablespoons butter | 1 cup bread crumbs |
| 1 cup milk | salt and pepper |

Mix all ingredients and steam one hour. Serve with the following dressing:

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|----------------------|-----------------------|
| 1 cup milk | 1 tablespoon flour |
| 2 tablespoons butter | 1 egg slightly beaten |
| liquor from fish | MRS. ALTON BAKER |

MOLDED SALMON RING WITH CUCUMBER SAUCE

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|-------------------------------|-----------------------------------|
| 1 cup cooked salmon | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter | 1 tablespoon flour |
| $\frac{3}{4}$ cup milk | 1 tablespoon sugar |
| 2 egg yolks | 1 teaspoon dry mustard |
| $\frac{1}{4}$ cup lemon juice | f. g. cayenne |
| 2 tablespoons cold water | $\frac{3}{4}$ tablespoon gelatine |

Drain fish well, remove bones and skin, and break into flakes. Mix all the remaining ingredients except the gelatine and cook until thickened. Add the gelatine which has been hydrated in the cold water. Add the fish and pour into the ring mold. Serve with

CUCUMBER SAUCE

- | | |
|----------------------------------|-----------------------|
| $\frac{1}{2}$ cup whipping cream | 2 tablespoons vinegar |
| 1 large cucumber | f. g. cayenne |
| $\frac{1}{4}$ teaspoon salt | |

Whip the cream. Pare the cucumber and cut very fine, drain very well. Add with the seasonings to the cream just before serving. Unmold the salmon and put the sauce in the center. Serves six.

MRS. ARTHUR A. ROGERS

TARTAR SAUCE

- | | |
|------------------------------|-------------------------------|
| 1 cup mayonnaise | 1 tablespoon chopped onion |
| 1 tablespoon chopped olives | 1 tablespoon chopped parsley |
| 1 tablespoon chopped pickles | juice of $\frac{1}{2}$ lemon. |

Add lemon juice to other ingredients and blend gradually with mayonnaise. Serve cold with fried or boiled fish.

MRS. DAVID B. EVANS

FISH STUFFING

Soften crackers in sweet milk, amount depending on size of fish to be stuffed. Add melted butter size of a walnut, a bit of allspice, cloves, nutmeg, salt and paprika, and finally a wine glass of cooking sherry.

MRS. LYNN MCCREADY.

HOLLANDAISE SAUCE FOR FISH

$\frac{1}{2}$ cup butter	1 teaspoon salt
3 egg yolks	$\frac{1}{4}$ teaspoon pepper
juice of one-half lemon	$\frac{1}{2}$ cup boiling water

Beat the butter to a cream. Add the yolks one at a time, beating well, then add lemon juice, salt and pepper. Set aside until just before serving when the boiling water is added a little at a time, stirring well. Place the bowl in a pan of boiling water and stir rapidly until the sauce thickens sufficiently.

MRS. ARTHUR ROGERS.

PEA SAUCE

1 large sliced onion	1 cup water
$\frac{1}{2}$ teaspoon salt	1 cup well seasoned thick white sauce
2 pepper corns	
2 whole cloves	

Cook peas, condiments and water. Press through sieve. Add white sauce.

This sauce is particularly good on fish or sea foods.

MRS. WALTER HUMMEL.

DRAWN BUTTER SAUCE

6 tablespoons butter	$\frac{1}{4}$ teaspoon salt
4 tablespoons flour	1 pint boiling water

Make a roux of four tablespoons butter and the flour. Add the boiling water a little at a time, stirring constantly over hot water. Simmer until thick. When ready to serve beat in the salt and remaining butter.

MRS. ARTHUR ROGERS.

MAITRE D'HOTEL SAUCE

2 cups drawn butter sauce	salt and pepper
1 tablespoon lemon juice	1 tablespoon chopped parsley
2 egg-yolks	

Add the lemon juice and parsley to the hot sauce. Let it cool slightly, add the beaten yolks and seasoning. Do not allow the sauce to boil after adding the egg yolks.

MRS. ARTHUR ROGERS.

FRESH WATER FISH

PREPARATION: After taking from water a fish should be killed immediately and cleaned as soon as possible, but never put back in water until ready to be cooked.

Certain kinds of fish, notably black bass, taken from muddy water, should be skinned rather than scaled. To do it, remove the fins, loosen the skin with a sharp knife just behind the gills and then pull down toward the tail. A small pair of pliers is excellent to use for this.

Bass or trout taken from streams or spring-fed running water can be scaled. To do this, lay the fish on the table, take the tail in your left hand and scrape the fish, tail to head, with a rather dull knife.

Bass may be baked, boiled, fried, or broiled. Trout are usually fried in either deep or shallow fat.

Before cooking, the fish should be washed. Some cooks prefer to soak

bass, which has been taken from muddy water, an hour or two in salt water. Trout need only to be washed thoroughly and dried inside and out with a clean cloth.

COOKING: Small trout, from one-fourth to one pound in weight, should be fried whole, but it is better to cut larger trout in medium-sized pieces.

DEEP FAT FRYING: Dip the fish in beaten egg and roll it in fine bread or cracker crumbs, corn meal, or flour into which a little salt has been mixed. Have the fat hot but not smoking and put the fish into it, just like you were frying potatoes in deep fat. Use a deep pot, good vegetable shortening or lard and a wire basket. The fish should cook until done, the time depending upon the size of fish and temperature of grease. When done the flesh should break quite easily and with a granular fracture where the fork is twisted in it. When done, remove to a soft cloth or paper to drain away surplus fat. Remove to a hot platter and garnish with parsley and lemon.

PAN FRYING: To pan-fry the fish, proceed as already indicated, except that the fat should not much more than cover the bottom of the pan. Heavy iron or aluminum skillets are best. Have the fat hot and put the fish in and cover up. After a few minutes turn them over and finish cooking. Bacon grease is excellent for pan-frying.

Another excellent way of pan-frying is to use melted butter into which has been stirred the juice of a lemon, a teaspoonful of Worcestershire, salt, pepper, dash of cayenne and some paprika.

BROOK TROUT EN PAPILLOTE: (Taken from Joseph Leiter's "Favorite Old Recipes"). Make a good dressing with fresh mushrooms, bread crumbs and chopped onion. Split and bone the trout. Stuff and put in well-buttered paper. Cut the paper in shape of a double fish longer than the trout. Turn over the side of paper so that the juice will not run out. Bake twenty-five minutes in moderate oven. Before serving cut enough off the top of the papillote to allow the guest to take the fish out. Be careful to not lose the gravy in the papillote. Use vegetable parchment paper for the papillote.

BROILING: All broiling must be done quickly under a moderate flame. Broil small fish whole and split large ones and lay open on the broiling pan. Lay bacon strips across the strips while cooking. Test with fork to see if fish flakes easily. Rare fish does not flake easily nor do the flakes have a firm white color as when the fish is thoroughly done. Serve on a hot platter, dot with butter and garnish with the broiled bacon strips, lemon, and parsley.

BAKING: This is the most favored method of cooking large trout or bass. Place in an open roaster, well-buttered or oiled to prevent sticking. Bake in a moderate oven until well done, basting frequently with the butter and drippings. The time depends on size of fish.

A variation of this method is to butter the pan, put in the fish, pour in a cupful of milk, or more if desired, and cover closely. This is used more with sea fish than with fresh water fish.

Fish cooked by either method may be stuffed with a chicken or turkey dressing. Use dressing, sparingly, for it will swell and may

burst open the fish where it has been sewed up.

BOILING: Clean and leave whole a four-pound steelhead or other trout. Lay on the grill of a large roaster. Cover with boiling water to which a teaspoonful of salt is added and cook until done (about 10 minutes per pound). This may be served hot with a cream sauce to which hard-boiled eggs, lemon juice and minced parsley have been added, or be served cold. Drain, cool and chill in refrigerator. When cold cover completely with a layer of raw onion, cooked beets, raw tomatoes and cucumbers, all sliced very thin, and pour over all a French Dressing. Garnish with lemons and parsley.

MRS. DAVID EVANS.

MEAT--MEAT SAUCES

STUDIO STEAK

For four people, provide a T-bone steak $2\frac{1}{2}$ inches thick. Trim off fat and tail and rub meat with garlic and cover top with a paste about one inch thick made with cooking salt and water mixed to the consistency of snow. Put on broiler directly under full flame for 15 minutes. Take off salt, which will have baked to a hard cake. Turn steak and treat as before, using the same cake of salt. At end of 15 minutes, lift off into a skillet into which $\frac{1}{2}$ pound of butter has been melted. Cut out bone and slice across the grain. Have sliced bread at hand and dip slice of bread into the butter. Place on this a slice of meat and put on another slice of bread, also dipped in butter. For an electric oven, pre-heat oven to 500 degrees. When meat is put in, turn off bottom element.

MRS. JOHN BOVARD.

FLANK STEAK

Select a medium sized flank steak and have the butcher score it. Rub the juice of a bruised clove garlic into both sides and dredge the meat with flour, which has been seasoned with salt and pepper. Place enough cooking oil in the bottom of a roaster to keep the meat from sticking. Brown the meat on both sides on top of stove and place in the covered roasting pan in a moderately hot oven. Cook about an hour, depending upon the size of the steak.

MRS. DAVID EVANS.

FRESH MUSHROOM SAUCE

Wash a pound of fresh mushrooms by holding under running water and brushing with vegetable brush. Rub an iron skillet with a clove of garlic, add about three tablespoons of butter and when hot add the mushrooms and simmer until tender, about 20 minutes. Add to the drippings of the steak and thicken with flour as for ordinary gravy. More water may be added or rich milk or cream. Serve over steak on a hot platter. This steak is also delicious if potatoes, onions and carrots are placed on top of the meat and roasted with it.

MRS. DAVID EVANS.

BRAISED FLANK STEAK

1 $\frac{1}{2}$ pounds flank steak	1 green pepper, sliced
2 tablespoons flour	1 tablespoon butter
2 cups sliced raw potato	2 cups stewed or fresh
2 teaspoons salt	tomatoes
$\frac{1}{2}$ cup sliced onion	

Score steak with sharp knife. Sprinkle both sides of meat with flour and 1 teaspoon salt. Dot with butter and place in oblong baking pan.

Place thick layer of potatoes over the meat, add green pepper and season with $\frac{1}{2}$ teaspoon salt. Add onions and rest of salt. Pour the tomatoes over the mixture and cover baking pan. Cook in slow oven for two hours. One-half hour before meat is done, remove cover and allow it to brown. If needed, water may be added from time to time to prevent burning. In serving, transfer the meat to a hot platter, preserving the layers of vegetables. To serve, slice down through the layers of vegetables and meat, as through a loaf.

MRS. A. W. NORBLAD, Astoria.

SOUR CREAM ROAST

3½ pounds round steak

salt to taste

Pound into this as much flour as it will take. Put some fat in pan and sear on both sides. Put in roaster and add 1½ cups of sour cream or rich milk and enough water to cover meat. Add one large onion and one large green pepper sliced. Cook in oven two or three hours or until meat is tender. Thicken gravy and serve around the meat.

MRS. GAVEN DYOTT.

ROAST BEEF

The best cuts for roasting are porterhouse, rib, and sirloin. Many prefer the standing rib roasts to the rolled, because of the bone adding more flavor and aiding in the retention of juices. For medium to rare, allow thirty minutes for the first pound and fifteen minutes for each remaining pound. The roast should be browned first on both sides in a very hot oven; then the heat reduced to finish cooking. Salt and pepper the roast after it is seared. If roast has little fat on it, spread over with bacon fat or any cooking fat desired. Baste often with the fat in the pan.

MRS. JAMES BAKER.

POT ROAST WITH RICE (ITALIAN STYLE)

3 pounds pot roast

10 dried mushrooms

1 can solid pack tomatoes or

(soak in $\frac{1}{2}$ cup warm water 10 minutes)

6 fresh ones

parsley (about 3 stems)

1 can tomato sauce

bay leaves, rosemary, etc.,

3 tablespoons olive oil

as desired

1 onion

2 cups uncooked rice

1 clove garlic

Brown pot roast in oil and add the onion, garlic, and parsley all chopped fine. When this mixture is brown add the tomatoes, tomato sauce, chopped mushrooms, and bay leaves and rosemary as desired. Cook about 4 hours or until roast is thoroughly done. Remove meat and add rice to sauce which remains in pan. Cook for 25 minutes. If necessary add more tomato sauce or water when cooking rice. When done arrange around the roast on a deep platter and sprinkle with grated cheese. Will serve 8 people.

MRS. F. TOSO.

BEEF A LA MODE

4-6 pounds beef from under side of round, cut thick and larded	1 carrot and 1 turnip 3 onions $\frac{1}{2}$ teaspoon whole mustard flour
1 cup vinegar	2 sprigs parsley
3 teaspoons salt	
$\frac{1}{2}$ teaspoon each pepper, clove and allspice	

The meat should be prepared at the meat shop as they have the larding needle and facilities for tying it up well. Put the meat in a deep dish and pour over it the spiced vinegar, made by boiling it five minutes with the spices and one onion chopped fine. Let the meat stand several hours, turning it often. Drain and dredge it with flour and brown all over in hot drippings. Cut up the vegetables and brown in the same fat. Lay the meat in a deep braising pan or cooker, add vegetables and pour over the spiced vinegar, adding enough water or beef broth to half cover. Cover closely and simmer four hours, turning once. Take up carefully, remove strings and lay meat on hot platter. Remove fat from the gravy and thicken it, adding more seasoning if necessary; strain over the meat. The gravy will be brown and the meat very tender.

MRS. ARTHUR A. ROGERS.

ROAST VEAL

The leg or loin are the best parts for roasting and should be fat. Extra fat may be tied on at the market; and, to insure enough fat for basting, spread over with any cooking fat. Sear the roast in a hot oven, then reduce the heat and finish cooking. Veal should be well done. Allow about 30 minutes for the first pound and 25 minutes for each remaining pound. Salt after the meat is seared and baste frequently with the fat in bottom of the pan. A clove of garlic may be placed in meat before roasting, if desired.

MRS. JAMES BAKER.

VEAL MOUSSE

1 $\frac{1}{2}$ pounds veal	1 teaspoon salt
1 $\frac{1}{4}$ cups veal stock	1 teaspoon celery salt
3 eggs	2 teaspoons gelatine

Cook veal until tender. Cut fine 1 $\frac{1}{2}$ cups of this. Soak gelatine in $\frac{1}{4}$ cup stock and pour remainder of stock while hot over egg yolks, stirring constantly. Add seasoning and cook until custard-like. Stir all the time. Dissolve gelatine over hot water and add to egg mixture. Add meat and when it commences to set, stir in well-beaten whites.

MRS. G. E. LEHMAN.

SMOTHERED PORK CHOPS

4 large pork chops or pork tenderloin	$\frac{1}{2}$ cup dry brown rice salt and pepper
1 quart canned tomatoes	1 large onion

Brown the chops quickly in hot skillet. Have rice washed and drained. Put a large spoonful on each chop, then slice of onion on

each. Pour the tomatoes around the chops and salt and pepper. Cover closely and simmer for an hour.

MRS. HOWARD HALL.

PORK CHOPS

Trim and shape the required number of chops and place in pan.

Sauce:

1 teaspoon Worcestershire
sauce

little garlic, salt and pepper
juice of one lemon

1 teaspoon mustard

Spread this over chops.

Dressing:

1 tablespoon onion chopped
fine

1 tablespoon parsley
(chopped)

1 teaspoon salt

3 tablespoons fat

4 tablespoons water

Place this on chop and bake 45 minutes at 400 to 450 degrees. Loin chops preferred.

MRS. FRANK CHAMBERS.

PHILADELPHIA SCRAPPLE

Put into cold water and boil until tender four pounds of lean raw pork, 1½ pounds calves liver, ½ pound leaf lard (a small amount may be made but the above is the proportion.) Chop fine, add 2 tablespoons salt, one of sage or poultry seasoning, 1 teaspoon red and white pepper mixed. Return to kettle, let boil up and thicken it with equal parts of buckwheat flour and corn meal. Rinse the mold to be used, in cold water, pour in the mixture and when cold slice and fry.

MRS. CURTIS HARRIS.

STUFFED PORK TENDERLOIN WITH SWEET POTATOES

pork tenderloins

poultry dressing

butter

3 tablespoons brown sugar

6 medium sweet potatoes

3 bright red apples

Select enough pork tenderloins for 6 people. Split lengthwise on one side and flatten out and spread with a good poultry dressing, seasoned with sage and onion. Put tenderloins together, sandwich fashion, and fasten with string or toothpicks. Rub with melted butter and dredge lightly with flour. Place in a well-oiled baking pan and surround with sweet potatoes, previously par-boiled, peeled and cut in halves, and the apples, quartered but not peeled. Drop bits of butter on the potatoes and apples, using ¼ cupful. Sprinkle with the brown sugar. Bake at 450 degrees until the tenderloins are well done and the potatoes a golden brown (about 45 minutes). Remove the string and toothpicks and serve on a hot platter, the meat in the center with the apples and potatoes placed about it alternately. If gravy is desired, it may be made in the usual way from the juices in the pan.

MRS. DAVID EVANS.

POULTRY DRESSING

2½ cups bread crumbs	small pinch of sage leaves
½ teaspoon salt	about 1 cup hot milk
¼ teaspoon pepper	½ cup butter
⅛ teaspoon poultry dressing	chopped onion

Melt the butter, brown the bread crumbs slightly, add the dry ingredients with enough finely chopped onions to taste. Add the hot milk, enough to make the crumbs cling together but not soggy.

MRS. DAVID EVANS.

TONGUE

To boil a fresh tongue, add ½ cup brown sugar, ¼ cup salt, and 1 tablespoon mustard to the water.

To boil smoked tongue, cover with cold water, add pepper, 1 onion, 1 slice of lemon, 6 cloves and a small carrot. (Soak over night if tongue is dried out.)

MRS. CHARLES HARDY.

JELLIED TONGUE

Boil tongue until tender, so skin will pull off readily. Cut in thin slices and arrange in molds, having previously arranged thin slice of lemon on the bottom. Cover with jelly, made of one box of Knox's gelatine dissolved in cold water and add 3 cups of boiling water and the juice of 4 lemons and 2 cups of sugar. Strain liquid well over the tongue. Let stand 12 hours before serving.

MRS. ARNOLD BENNETT HALL.

LAMB TONGUES

12 lamb tongues	1 clove garlic
6 cloves	4 outside stalks celery
½ green pepper	12 large slices tomato
1 onion	

Cook until tender with cloves, green pepper, onion, garlic and celery stalks. When almost tender add salt and pepper. When cooked lift out and skin while hot and skewer with toothpicks to make them round. Strain liquid and return tongues to get cold over night. When ready to serve lift out tongues and skim all fat from liquor. Thicken this for sauce, adding kitchen bouquet to taste and replace tongues to thoroughly heat. Serve each tongue on slice of tomato with tablespoon of sauce poured over.

MRS. WALTER FELL.

SWEET AND SOUR TONGUE RUSSIAN

Soak tongue in salt water ten minutes. Cover with water and let simmer for 1½ hours. To this add salt, 1 whole unground pepper, four bay leaves 12 cloves with eyes taken out (bitter) 1 lemon sliced thin, 1 large stick of cinnamon broken up, scant cup seedless raisins, ½ cup brown sugar. Let simmer for about 1 hour then remove tongue and skin same. Return to kettle and let simmer again until tender.

MRS. WALTER HUMMEL.

BRAISED LAMB TONGUES

12 lamb tongues	6 cloves
6 tablespoons of fat, half butter and half drippings	salt
$\frac{1}{2}$ inch stick cinnamon	1 tablespoon cornstarch
2 bay leaves	1 carrot and 1 onion
juice $\frac{1}{2}$ lemon	6 peppercorns
	flour

Wash tongues in water to which soda has been added, blanch in boiling water five minutes and the skins can be removed. Cover with boiling water and cook until tender. Melt the fat in a skillet, rub the tongues which have been cooled and trimmed, with flour and brown in the fat. Place the tongues in a kettle, cover halfway with the stock; cut up the vegetables and add with the seasonings and cook slowly 1 hour. Remove to a platter (hot). Reduce stock to a pint, thicken with cornstarch and pour over tongues.

MRS. ARTHUR A. ROGERS.

BAKED CALVES LIVER

2 pounds beef or calves liver	2 tablespoons flour
2 tablespoons beef or poultry fat	salt and pepper
2 to 4 onions, sliced	1 can tomatoes

Wash, drain and trim calves liver. Sprinkle all over with salt, pepper and flour and place in hot casserole, with poultry fat and onions. Spread some fat over top of liver. Cover closely and cook 15 minutes. Uncover, add tomatoes, reduce heat, and bake slowly 1 hour. Serve plain or with slices of fried bacon on top. Decorate with parsley.

MRS. DAVID GRAHAM.

BARLEY HEARTS

4 small hearts	2 cloves
1 carrot	2 peppercorns
$\frac{1}{2}$ onion	$\frac{1}{2}$ cup pearl barley
1 turnip	

Brown hearts in frying pan, then put in a kettle with vegetables and boiling water and cook slowly until tender. In another kettle, cook the barley in boiling salted water. When done, spread barley on a platter, then put hearts on the barley and over all pour the vegetables and sauce that formed in the kettle where they cooked. If desired, cook extra carrots and put in a border around the barley.

MRS. FRANK JENKINS.

LAMB CHOPS

Use 6 shoulder lamb chops, cut 1 inch thick. On top of each chop put one slice lemon, one slice ripe tomato, one slice green pepper. Pour two cans Campbell's tomato soup over all. Bake three hours with oven at 350 degrees.

MRS. A. W. NORBLAD, Astoria.

LEG OF LAMB

If necessary, wipe off with a damp cloth. Squeeze lemon juice over the meat, then spread with fat. Flour may be sprinkled over, if desired. Sear in a hot oven, salt and pepper, then reduce heat. Baste often. The average leg of lamb will roast nicely in an hour and three-quarters. A clove of garlic may be stuck in the meat, if desired, or sliced onion put over the top after searing. MRS. JAMES BAKER.

SHOULDER OF LAMB

Take out the bone and fill the space with stuffing made of bread crumbs, salt pork a little sage or onion chopped fine and salt and pepper. Tie up the opening and sprinkle over with flour, small piece of butter on top and brown. Keep a little water in pan and baste often. In a hot oven six pounds should cook in $1\frac{1}{2}$ hours.

MRS. WALDO ADAMS.

MEAT LOAF

1 pound chopped beef	2 tablespoons Worcestershire
$\frac{1}{2}$ pound chopped pork	sauce
2 small onions ground	2 tablespoons chopped green
1 cup of soft bread crumbs	pepper
2 teaspoons salt	1 egg
2 tablespoons horseradish	$\frac{1}{2}$ teaspoon dry mustard

Mix well. When ready to bake cover top with $\frac{1}{2}$ cup of tomato catsup.

MRS. HERBERT OLSON.

LUNCHEON LOAF

1 veal shank	1 pork shank
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Place meat in kettle and cover with cold water. Add 1 onion sliced and boil slowly until meat drops from the bones. Take meat from the bones. Place bones back in the broth. Add 1 bay leaf, 8 whole cloves, pepper, and salt and let simmer about 1 hour. Grind or chop meat and place in loaf pans. Strain broth and add 1 tablespoon of Knox gelatine which has been soaked in cold water for five minutes. Pour both over meat and set aside to cool. MRS. HERMAN HOBI.

MEAT LOAF WITH TOMATO SAUCE

2 pounds ground beef (round	1 small onion grated
steak preferred)	1 teaspoon salt
$\frac{1}{2}$ pound pork, ground	$\frac{1}{4}$ teaspoon pepper
2 cups dry bread crumbs	$\frac{1}{2}$ teaspoon baking powder
1 pint milk	1 egg slightly beaten

Make into a loaf and put in hot oven for ten minutes. Then pour over 1 can of Campbell's tomato soup to which one cup of hot water has been added. Bake two hours. This serves 12 people.

MRS. HARRY HOBBS.

SPANISH MEAT LOAF

2/3 pound ground beef	1 teaspoon salt
1/2 pound ground fresh pork	1/4 teaspoon pepper
1 cup cracker crumbs	1/4 teaspoon celery salt
1 tablespoon finely chopped onion	1 cup tomatoes
2 tablespoons chopped peppers	2 tablespoons fat
	1 beaten egg

Mix the ingredients and pack into a greased loaf pan. Bake in moderate oven for one hour. Unmold and serve with gumbo.

(Gumbo Sauce for Meat Loaf)

1 pint sliced okra	4 large tomatoes
1 1/2 quarts hot water	1 large onion
1 green pepper minced	1 1/2 teaspoon salt
1/8 teaspoon pepper	4 tablespoons bacon fat

Brown the minced onion and pepper in the fat. Add the okra and the skinned sliced tomatoes. Cook all for a few minutes, stirring constantly to keep from burning. Add seasoning and boiling water and simmer for two hours.

MRS. CURTIS HARRIS.

MEAT LOAF

1 1/2 pounds round steak	1 tablespoon chopped pimento
1/2 pound veal	1 egg or 2 egg yolks
1/4 pound pork	2 teaspoons salt
(all ground)	1/4 teaspoon pepper
1 small onion minced fine	1 1/2 cups fine bread crumbs
1 tablespoon chopped green pepper	1/2 cup milk

Beat egg, add milk and bread crumbs, combine with meat and seasonings. Add a bit of finely minced sage and parsley. Bake 1 1/4 hours.

MISS AMY DUNN.

MEAT LOAF

Run 1 1/2 pounds either veal or beef and 1 1/2 pounds of pork through the grinder, add 2 well beaten eggs, the juice of 1 lemon, salt and pepper and enough cracker crumbs to make it hold together well, about 1 cup. A small onion also put through the grinder. Mold into a roll and place in a shallow pan with 1/2 cup each of tomato ketchup and water. Bake 1 hour in moderate oven.

MRS. L. B. SIGWART.

VEAL LOAF

1 pound veal ground with	1 teaspoon salt
1/4 pound fresh pork	1/3 cup mushrooms, pepper,
1 egg beaten light	paprika, dash of nutmeg
juice of 1/2 lemon	bake 1 1/4 hours
1/2 cup bread crumbs, moisten with juice of mushrooms	

MRS. E. O. IMMEL.

BAKED HAM

Boil ham until very tender (about 3 hours for 14 pounds) in 3 quarts apple cider and enough water to nearly cover. Add a bay leaf,

several cloves, and a few whole black peppers. Let cool in liquor; skin; put in cloves and cover with brown sugar. Baste with one quart of cider and some of original liquor if needed and bake 1 hour in medium oven.

MRS. JAMES BAKER.

BAKED HAM

Make a dough of corn meal and boiling water. Line a roasting pan with the mixture. Lay ham onto it, skin side down. Cover the ham entirely with more of the corn meal dough so that it is entirely encased. Pour a quart of boiling water around the encased ham. Bake in very hot oven for four hours. (12 pound ham). Every half hour baste it, putting the corn meal and water up over the ham. Add more water from time to time. Remove from oven. Take off all corn meal. Turn over. Remove rind. Roll six crackers fine. Add two tablespoons sugar, cover the fat surface with the mixture, into it stick whole cloves—2 or 3 dozen—put into oven for a few minutes (about 20) to brown. Put a fluted white paper around the shank bone; parsley on the platter.

MRS. J. M. MILLER.

BAKED HAM

Boil ham about 1 hour and place in oven without a cover for 3 or 4 hours according to size of ham, then remove the rind. Cut the fat in squares and pat brown sugar mixed with a small amount of dry mustard well into the fat and put a whole clove in center of each square.

Sauce: Mix 1 cup of currant jelly with 1 or 2 tablespoons of prepared mustard according to taste.

MRS. L. B. SIGWART.

BAKED VIRGINIA HAM

Boil ham until tender. Let stand in juice for several hours. Remove skin. Paint all over with yolk of egg. Stick with whole cloves. Spread one glass of orange marmalade or currant jelly over top and bake about one-half hour.

MRS. JACK PRATT.

VIRGINIA VINEGAR HAM

1 medium sized cured ham	$\frac{1}{2}$ cup brown sugar
1 quart sweet cider	$\frac{1}{4}$ teaspoon black pepper
1 tablespoon whole clove	1 cup cracker crumbs
1 tablespoon level dry mustard	

Have the shank and end sawed off so as to leave a nice-shaped piece. Skin with a sharp knife and soak over night in cold water. When ready to cook, wipe dry with cloth and rub well with the mustard and place in roaster. Tie cloves in a muslin bag and put into cider, heat to boiling point, pour over ham and put into oven and bake, allowing 20 minutes to the pound or until tender, basting often with the cider. When done, remove to shallow pan and rub into the fat the sugar, pepper and cracker crumbs which you have blended together, then return to oven to brown. This is equally delicious served hot or cold.

MRS. R. D. DICKINSON.

BAKED SLICED HAM

- | | |
|---|--|
| 2 pounds sliced ham (cut 1
inch thick) | 2 tablespoons chopped green
peppers |
| 12 whole cloves | 1 cup water |
| 1 teaspoon dry mustard | $\frac{1}{2}$ cup dark brown sugar |
| 2 tablespoons chopped onions | 4 tablespoons vinegar |

Wipe off ham with damp cloth. Fit into baking dish. Stick cloves in top. Spread with mustard, onions and peppers. Sprinkle with sugar. Add rest of ingredients. Cover and bake 2 hours in slow oven.

MRS. CURTIS HARRIS.

BAKED HAM ROLLS

Buy slices (one to a person) of ham $\frac{1}{4}$ inch thick from center of medium sized ham. Sprinkle each slice with: Brown sugar, powdered mustard and flour. Roll each slice up and tie with string. Put in pan, cover with milk and bake $1\frac{1}{2}$ hours in moderate oven.

MRS. THOMAS CHAPMAN.

HAM CROQUETTES

Mix 1 cup finely minced, cooked ham, with 2 cups cooked rice, 1 teaspoon lemon juice, 1 teaspoon chopped parsley, $\frac{1}{2}$ teaspoon mustard, season with salt and pepper. Add beaten yolk of 1 egg. Form into croquettes, roll in bread crumbs and 2 tablespoons melted ham fat or butter. Place on baking pan and brown in a hot oven.

MRS. H. A. SCHOTH.

HAM TIMBALES (for 2 or 3)

- | | |
|--------------------------------|-----------------|
| 2 tablespoons butter | 2 eggs |
| 4 tablespoons bread crumbs | salt and pepper |
| $\frac{2}{3}$ cup milk | |
| 1 cup minced ham,
or ground | |

Make a white sauce of butter, crumbs and milk. Add ham and slightly beaten eggs. Bake in buttered mold. Set in pan of hot water about 30 minutes, in moderate oven.

MRS. ALTON BAKER.

HAM LOAF

- | | |
|--|------------------------|
| 1 pound ground ham | 1 cup bread crumbs |
| $\frac{1}{2}$ pound fresh pork ground | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ pound round steak ground | 1 onion chopped fine |
| 2 eggs | salt |

Mix all together and bake

MRS. BELDON BABB.

HAM LOAF

- | | |
|-------------------------------------|--------------------|
| 1 pound ham | 2 eggs well beaten |
| 2 pounds fresh lean pork or
veal | 1 cup milk |
| 15 soda crackers | pepper to taste |

Put meat through the food chopper, roll crackers fine. Mix all together and steam 3 hours.

MRS. S. C. ENDICOTT.

HAM LOAF

2 pounds ground ham (raw)	3 eggs beaten together
1 pound ground veal	$\frac{1}{2}$ cup bread crumbs
2 cups cooked rice	pepper and paprika on top
use no salt	

Bake in loaf pan $1\frac{3}{4}$ hours.

MRS. REX UNDERWOOD.

CHOW MEIN (Enough for 7 or 8)

2 pounds lean fresh pork and	1 green pepper (sliced)
1 chicken (young)	(optional)
$1\frac{1}{2}$ pounds bean sprouts	2 packages Mrs. Webber's
1 cup sliced onions	noodles (fine cut)
2 cups sliced celery	1 large dill pickle
1 large cup water chestnuts	1 bunch red radishes
(sliced)	few green olives
2 large slabs bamboo shoots	soy or Chinese sauce
(sliced)	
1 medium size can French	
mushrooms	

Boil chicken first, but not the pork. Cut meat in squares, medium small, brown in skillet in oil or drippings. Season with salt and pepper. Add onions, celery, bean sprouts, green peppers and enough water to let simmer well for $\frac{1}{2}$ hour. To this add 3 tablespoons soy. After $\frac{1}{2}$ hour add bamboo shoots, water chestnuts, mushrooms and 3 tablespoons more of soy. Cover with water. Cook for 15 or 20 minutes more. Long simmering does not spoil it. Just before serving, thicken with flour the broth.

Noodles: Cook about 5 or 10 minutes in salted boiling water. Drain and dash cold water over them. Then let drain well for few minutes. Fry a crisp brown. To serve: Make nest of fried noodles on platter, Then pour on mixture. Cover with fried noodles, garnish with dill pickle, sliced thin, strips of celery, radishes and olives.

I serve rice (plain boiled), lettuce salad with French dressing and a fruit dessert and coffee with this dinner. Bamboo shoots and water chestnuts are imported, canned, from China. Also the soy.

MRS. JACK PRATT.

CHILI CON CARNE

1 cup olive oil	$\frac{1}{2}$ teaspoon allspice
4 large onions cut fine	3 bay leaves
15c each pork, veal, beef	$2\frac{1}{2}$ pounds red chili beans
1 can tomatoes	3 slices garlic
$1\frac{1}{2}$ dozen red peppers (small	
chili peppers)	

Soak beans over night in salt water. In morning cook with salt, until tender. Heat oil and put in meat cut in small cubes. Brown well.

Add onions and cook until soft. Add tomatoes and spices. Boil until tender; then add to beans.

MRS. WALTER HUMMEL.

TAMALES

Boil one chicken and remove bones, or use an equal amount of veal, beef or veal and lean pork mixed. Boil broth down to about 1 pint and save for the sauce. Make a mush of salted water and corn meal, using 2 cups of the meal.

Sauce: Place 2 tablespoons butter and 2 tablespoons olive oil in frying pan, add 1 onion and 2 pieces of garlic chopped fine, and brown. Then add 1 pint tomato juice, $\frac{1}{2}$ cup oyster cocktail sauce, 1 tablespoon Tamale powder, 1 tablespoon Grandma's Spanish pepper, 1 tablespoon Chili Con Carne powder, 1 teaspoon salt and the pint of broth from the meat and cook until well done. Thicken with about $\frac{1}{2}$ cup flour. Add meat, 5 hard boiled eggs and 1 pint olives.

Line pans with cornmeal mush, put in as much of the mixture as you wish and cover the top with the mush. Steam 2 or 3 hours, being sure that the water does not get into the tamale. If it seems a little wet, place in oven for a few minutes before serving.

MRS. FRANK JENKINS.

"KAFOURY" (An Armenian Recipe)

2 pounds short ribs of beef
1 cup rice (raw)
1 chopped onion
1 large can of tomatoes,
1 large cabbage loose leaved
if possible

1 large green pepper chopped
salt, pepper, paprika to taste
 $\frac{1}{8}$ teaspoon chili powder if
desired hot.

Separate leaves of cabbage and wilt in boiling water until tender enough to roll without breaking. Cut out thick part of rib as you roll. Cut meat off bones, put through the food chopper. Place bones in the bottom of the kettle to place the rolls on. Add to the meat the bulk of the tomatoes and all the other ingredients. Mix thoroughly in soft mass. Shape large spoonful in a long roll and roll up in a leaf, (or half of a large leaf) lay close together on top of bones, and pour over all the liquid part of tomatoes. Use water if there isn't enough tomato to come nearly to top of rolls; bring to a boil, and boil one hour slowly, or longer if rice isn't done.

MRS. MASON MACDONALD.

SPANISH MEAT BALLS

grind $1\frac{1}{2}$ pounds beef and
 $\frac{1}{2}$ pound pork
1 cup cheese

2 onions chopped fine
4 crackers rolled
salt and pepper

Mold in balls and place on bottom of pan. Add one can of tomatoes, 1 tablespoon sugar, salt and pepper. Cook $1\frac{1}{2}$ hours. Thicken sauce with flour and water.

MRS. T. O. RUSSELL.

MEAT PIE

2 tablespoons flour	1 pint boiling water
1 pound veal	1 small slice ham
1 small onion	1 tablespoon butter
4 small potatoes	2 carrots diced
$\frac{1}{2}$ cup catsup	salt and pepper

Cut ham in small pieces and veal in 1-inch squares. Sprinkle with salt and pepper. Put fat in pan. When hot add meats and brown well. Add chopped onion and cook few minutes. Add diced carrots. Sprinkle with flour and when brown put in boiling water and catsup. Simmer $\frac{1}{2}$ hour. Add diced potatoes and cook until tender. Place baking powder biscuits over top and bake 25 to 30 minutes.

MRS. JAMES BAKER.

YORKSHIRE PUDDING

3 eggs	1 teaspoon salt
1 pint milk	1 cup flour

Beat eggs until light, add salt and then milk. Pour this very slowly over 1 cup flour and beat well. Bake in a hot greased gem pan 45 minutes in a biscuit oven. Serve as a garnish for roast beef.

MRS. DAVID AULD.

CRANBERRY RELISH

$\frac{1}{2}$ pound cranberries	$\frac{3}{4}$ cup granulated sugar
1 large orange	

Wash and grind cranberries using fine blade. Grate rind of orange, then put rest of orange through grinder. Combine cranberries, grated rind, and orange pulp with sugar and let stand in refrigerator 2 to 24 hours to ripen. This mixture is excellent served as a relish with fowl or meat. Store, tightly covered, in the refrigerator. Makes 1 pint.

GOOD HOUSEKEEPING.

MINT SAUCE FOR LAMB

To 1 cup of Heinz chili sauce add $\frac{1}{4}$ cup finely chopped mint. (More if desired stronger flavor) This should be made several hours before using.

MRS. HERALD WHITE.

HAM SAUCE

Beat 1 glass of currant jelly with egg beater. Add prepared mustard to taste, about 3 or 4 tablespoons. Beat together well. This is delicious on hot boiled ham.

MRS. WILL MOXLEY.

HOLLANDAISE SAUCE

In a bowl rub $\frac{1}{4}$ cup butter to cream. Add yolks of 2 eggs and beat together. Add juice of $\frac{1}{4}$ lemon, $\frac{1}{2}$ teaspoon salt, dash cayenne. Add slowly stirring constantly, $\frac{1}{2}$ cup hot water. Set bowl in pan of hot water and stir until creamy. Serve at once.

MRS. ALTON BAKER.

APPLES—FOR MEAT RELISH

Cut six apples—pared—in quarters into $\frac{3}{4}$ cup of sugar. Add one rounding teaspoon cornstarch, $\frac{1}{2}$ cup water, 2 teaspoons vanilla. Pour over apples and put small pieces of butter on top. Cover the pan until it begins to bake. Uncover and bake slowly 2 to 2½ hours.

MRS. ALTON BAKER.

SWEET CIDER FRAPPE

Make syrup by boiling 1 cup sugar and 2 cups water fifteen minutes; add 1 quart sweet cider and $\frac{1}{2}$ cup lemon juice, when cool freeze—using equal parts ice and salt. Serve with roast fowl or roast pork.

MRS. WILSON H. JEWETT.

FROZEN CRANBERRIES

1 quart cranberries

2 cups sugar

2 cups water

1 lemon

Cook the cranberries with the water in a covered kettle until tender. Rub through a sieve and add the sugar and lemon juice. Stir frequently until cool, then freeze. A good accompaniment for turkey or any wild game.

MRS. ARTHUR A. ROGERS.

HOT MUSTARD FOR MEAT

5 tablespoons sugar

small piece of butter

3 tablespoons Coleman's
mustard

1 egg (beaten)

$\frac{1}{3}$ cup white vinegar

Cook till thick.

MRS. F. McTAGGART.

PIE AND OTHER PASTRY

COLD WATER PIE CRUST

1 cup flour	4 level tablespoons lard
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup water
$\frac{1}{4}$ teaspoon baking powder	

Makes two crusts.

HOME SCIENCE CLUB.

PIECRUST FOR ONE PIE

1 cup flour	$\frac{1}{4}$ teaspoon baking powder
5 rounded teaspoons lard	
$\frac{1}{2}$ teaspoon salt	

Add enough ice water so it sticks together.

MRS. SETH LARAWAY.

HOT WATER PIECRUST

Dissolve three heaping tablespoons shortening in four tablespoons boiling water. Add $\frac{1}{2}$ teaspoon salt, sifted with $1\frac{1}{2}$ cups flour. This will make three crusts.

HOME SCIENCE CLUB.

CRUST FOR MEAT PIE (English Pastry)

2 cups flour	$\frac{1}{2}$ cup water
2 teaspoons baking powder	2 teaspoons lemon juice
1 teaspoon salt	1 egg yolk
1 cup shortening	

Sift flour baking powder and salt. Work half of shortening into the flour mixture; dissolve the rest in hot water; add lemon juice and slightly beaten egg yolk. Add liquid to dry ingredients. Turn out on slightly floured board and knead lightly. Roll out while still warm.

MRS. HERMAN HOBI.

CHESS PIES

1 cup sugar	$\frac{2}{3}$ cup chopped raisins and nuts
1 egg and yolks of two butter size of an egg	dash of lemon juice

Mix and cook until it thickens. Bake pie crust in muffin tins and when done fill with above mixture. Beat the two egg whites, fold in two tablespoons of sugar, spread on top of pies and brown. This makes 12 small pies.

MRS. FRANK GILSTRAP.

WALNUT CHESS TARTS

1 cup sweet milk	1 tablespoon flour
1 cup sugar	3 egg yolks
1 cup seedless raisins	1 egg white
1 cup chopped walnuts	pinch of salt
$\frac{1}{2}$ cup butter	1 teaspoon vanilla

Heat the milk, sugar, butter and salt together. Add the flour, stirred smooth with a little milk and add with beaten egg yolks and

one egg white. Cook until it thickens. Add the fruit and nuts, remove from fire and cool. Place in pastry shells that have already been baked. Make a meringue of the two eggs whites and four tablespoons confectioner's sugar, and put on top.

MRS. S. C. ENDICOTT.

RAISIN PIE

1 cup sour cream

1 cup sugar

1 cup raisins

small piece butter

little cinnamon and cloves

Boil and just before taking from fire stir in 1 egg—well beaten—and a pinch of salt. Bake in raw crust with crossbar top. If you haven't sour cream, use milk and $\frac{1}{2}$ cup butter.

MRS. J. W. WOODRUFF.

PRUNE PIE

3 eggs

1 cup sugar

2 level tablespoons cornstarch

butter size of walnut

1 cup prune juice

1 cup prunes

Separate eggs. Beat yolks slightly and add sugar and cornstarch. Mix until smooth. Add butter, put over fire and blend. Add prune juice and prunes that have been cooked and seeded. Cook until thick. Pour into baked pie shell and spread whites of eggs beaten stiff and sweetened on top.

MRS. W. E. MOXLEY.

CRANBERRY PIE

To 2 cups of cranberry sauce add the yolks of two eggs and one level teaspoonful of flour thoroughly mixed. Simmer together three minutes, add one tablespoonful of butter and $\frac{1}{2}$ teaspoon of vanilla. Cool and turn into a pie crust which has been previously baked. Cover with a meringue.

Meringue: Beat two chilled egg whites to a stiff dry froth, then add a tablespoonful of granulated sugar, continue beating adding a tablespoonful of sugar at a time until six tablespoonsful have been used. Flavor with $\frac{1}{4}$ teaspoonful of vanilla mixed in well. Bake the meringue in a slow oven.

MRS. ARNOLD BENNETT HALL.

MOCK CHERRY PIE

1 cup cranberries

$\frac{1}{2}$ cup seeded raisins

1 cup sugar

2 tablespoons butter

2 tablespoons flour

1 teaspoon almond extract

1 cup hot water

Wash and cut the cranberries in halves. Melt the butter in a small stewpan, add the flour, and the sugar and blend; then add the water slowly, stirring constantly, until thick. Add the berries and the raisins, and set aside to cool. Line a pie-tin with crust, fill with the fruit mixture to which the extract has been added, and dot with butter. Cover with a top crust and bake. Huckleberries may be substituted for the cranberries and 1 tablespoon of lemon juice for the extract. A pie made in this way can be eaten from the hand at picnics.

MRS. ARTHUR ROGERS.

FRENCH PIE

- | | |
|-------------------------|--------------------------|
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup milk |
| 1 tablespoon butter | 1 cup flour |
| 2 egg yolks | 1 teaspoon baking powder |

Use a square cake tin about 8 inches square. Line pan with butter, then almost fill with fruit. To the fruit, add one cup sugar and one tablespoon butter and over all pour the batter made from the above ingredients. If apples or peaches are used, a dash of lemon juice improves the flavor. Bake 25 minutes in moderate oven. Serve with whipped cream.

MRS. JAMES BAKER.

CHOCOLATE CREAM PIE FILLING

- | | |
|---------------------------------------|--------------------------------------|
| 1 cup sugar | 4 tablespoons flour |
| 2 cups milk | $\frac{1}{2}$ teaspoon salt |
| 2 squares Baker's chocolate
(rich) | 4 eggs
butter the size of an egg. |

Mix flour, sugar, salt, and grated chocolate with a little of the milk, then add yolks of eggs well beaten. Scald remaining milk and pour slowly over egg mixture, then cook in double boiler until thick, stirring constantly. Cool and pour into pie shell and cover with 4 egg whites beaten stiff, to which 4 tablespoons of sugar have been added. Brown slightly in slow oven (300 degrees F.) Makes 19 inch pie (large.)

MRS. F. A. BARKER.

RHUBARB CUSTARD PIE

- | | |
|-------------------------|---------------------|
| rhubarb to fill a crust | 1 cup sugar |
| 3 eggs | 5 tablespoons flour |

Wash and drain rhubarb. Separate eggs. To beaten yolks add sugar and flour. Beat thoroughly and add to rhubarb. Bake in uncooked pie crust. Spread stiffly beaten and sweetened egg whites on top and brown.

MRS. W. E. MOXLEY.

BUTTERSCOTCH PIE

- | | |
|-------------------------------|---------------------------|
| $\frac{1}{2}$ cup brown sugar | 1 cup milk |
| $\frac{1}{2}$ cup white sugar | 1 large tablespoon butter |
| 2 heaping tablespoons flour | vanilla |
| 2 eggs | salt |

Mix sugar, flour and salt thoroughly. Add well-beaten egg yolks and milk. Cook together in double boiler and when thick add butter and vanilla. Put into pie shell that has already been baked and cover with meringue made of egg white. Brown in oven.

MRS. JOHN CANNON, Astoria, Ore.

SOUR CREAM PIE

- | | |
|--|---------------------------------|
| 1 cup sour cream | $\frac{1}{2}$ teaspoon cinnamon |
| 1 cup sugar | $\frac{1}{4}$ teaspoon cloves |
| $\frac{1}{2}$ cup raisins chopped fine | 3 eggs |

Beat whites and yolks of eggs separately. Save the whites of two of the eggs for meringue. Bake as a lemon pie.

MRS. CLIFFORD MANERUD.

LEMON CHIFFON PIE

2 lemons

3 tablespoons hot water

3 eggs

 $\frac{1}{2}$ cup sugar

Beat yolks of eggs very light and add the juice of one lemon and grated rind of two. Add the hot water and sugar and cook in double boiler until thick. Take off and fold into the egg whites beaten with another half cup of sugar. Put into baked crust and brown slowly on upper rack of oven.

MRS. W. DENZIL ABEL.

LEMON PIE

1 scant cup sugar

1 large piece of butter

pinch salt

3 eggs

2 heaping tablespoons flour

1 lemon

1 cup boiling water

Mix sugar, salt and flour with a little cold water. Add the boiling water and butter and cook in double boiler until thick. Add the beaten yolks of the eggs to which have been added the juice and rind of the lemon. Cook a short time. When cool, put into a cold baked crust. Use the egg whites for frosting. This makes one large pie or eight individuals.

MRS. GAVEN DYOTT.

LEMON PIE FILLING

 $\frac{1}{2}$ cup sugar

juice and grated rind of one

1 well rounded tablespoon

lemon

flour

 $\frac{1}{2}$ cup cold water3 egg yolks and white of 1 egg
well beaten

Beat yolks of the three eggs and the whites of one together. Mix with sugar, flour, lemon and cold water. Cook in double boiler until thick. Pour into baked pie crust and cover with meringue made with the remaining whites, stiffly beaten with 4 tablespoons of sugar. Brown in slow oven.

MRS. H. W. TITUS.

A NOVEL AND QUICK LEMON PIE

1 can condensed (not
evaporated) milk

2 egg yolks

pinch of salt

 $\frac{1}{2}$ cup lemon juice and grated
rind

Mix but do not cook. Put the mixture into a baked pie shell. Make a meringue with the following:

2 egg whites

4 tablespoons granulated sugar

Beat the egg whites with a wire whisk and fold and beat in the sugar slowly; put this on the filling and bake 15 minutes in a 350 degree oven.

OVER THE AIR.

The above filling has been used in a cracker crumb crust, made with $\frac{1}{2}$ pound graham crackers and $\frac{1}{2}$ cup butter mixed into crumbs, using $\frac{2}{3}$ of the mixture for the crust and the remaining $\frac{1}{3}$ for sprinkling over the top of the meringue.

MRS. A. A. ROGERS.

LEMON SPONGE PIE

1 cup sugar	1 1/4 cups milk
1 tablespoon butter	1 lemon—juice and rind
2 tablespoons flour	grated
2 yolks of eggs	

Sift sugar and flour, add milk, beaten yolks, melted butter and lemon juice and rind. Fold in beaten whites. Bake in single crust. Forms 2 layers when done.

MRS. ALTON BAKER.

LEMON CAKE PIE

One cup sugar, 1/3 cup flour, mix well and add, 2 egg yolks and cream well, add juice of 2 small or 1 large lemon (about 1/3 cup) and grated rind of 1 lemon, then 1 cup milk then last, 2 whites. Bake in slow oven for 30 minutes.

MRS. C. S. WILLIAMS.

GEORGE WASHINGTON NUT PIE

3 eggs (beaten)	1 cup corn syrup
1/2 cup sugar	1 teaspoon vanilla
1/4 teaspoon salt	1 cup nut meats
3 tablespoons melted butter	

Mix ingredients in the order given. Pour into unbaked pie shell. Bake fifteen minutes in 450 degrees oven and then 25 minutes with the oven off.

MRS. HAL CHAPMAN.

PUMPKIN PIE

1 cup pumpkin	2 eggs
1/2 cup brown sugar	1 pinch of salt
1/2 teaspoon ginger	butter the size of walnut
1/2 teaspoon cinnamon	1 cup milk
2 large tablespoons New Orleans molasses	1 heaping teaspoon flour

Beat yolks and whites of eggs separately; add yolks to all other ingredients and fold in the whites when mixture is ready to put into pie tin. Bake 15 minutes with oven at 425 degrees then decrease temperature to 325 degrees and bake 30 minutes. This makes one pie.

MRS. J. W. WOODRUFF.

GRAHAM CRACKER PIE

Roll fine one small package of graham crackers and mix thoroughly with one-half cup butter that has been melted. Line pie pan with this, patting it down and around the sides. Reserve a few of the crumbs for the top. For the pie filling, scald one cup milk in a double boiler. Thicken this with three tablespoons corn starch dissolved in 1/4 cup cold water. Melt 1 cup brown sugar and 3 tablespoons water and stir into corn starch mixture. Add 2 well beaten eggs, 1 cup nuts and 1 cup dates. Pour into the cracker lined pan and cover with remaining crumbs. Bake in a slow oven about half an hour.

MRS. WALTER HUMMEL.

GRAHAM CRACKER PIE

20 crackers	pinch salt
$\frac{1}{2}$ cup shortening	4 eggs
2 cups milk	2 tablespoons flour
1 cup sugar	(rounding)
$\frac{1}{2}$ cup sugar	

Roll crackers to fine crumbs, add $\frac{1}{2}$ cup sugar, salt and cut in the shortening thoroughly. Use the larger half of crumbs to line bottom and sides of a pie tin (large) patting crumbs down firmly. Make custard of the 4 eggs, $\frac{1}{2}$ cup sugar, flour and the milk. When thick enough, remove from fire and add vanilla (1 teaspoon). Put into the shell, and top with a meringue made with 4 egg whites and the remaining $\frac{1}{2}$ cup sugar. Over this sprinkle the rest of the crumbs and bake 20 to 25 minutes in a moderate oven, 350 to 375 degrees.

MRS. I. D. S. WADE.

VINEGAR PIE

2 cups sugar	12 tablespoons vinegar
2 cups water (cold)	3 teaspoons lemon extract
$3\frac{1}{2}$ tablespoons flour	

Cook in double boiler until thick and then add beaten yolks of four eggs. Use the whites of the eggs for frosting. This makes two pies.

MRS. FRANK DUNN.

MOCK MINCE MEAT

1 cup sugar	1 teaspoon flour
1 egg	3 tablespoons vinegar
1 cup small raisins	1 cup sour cream
1 teaspoon cinnamon, allspice and cloves	

Mix ingredients in the order given, and bake in pie with two crusts.

MRS. E. E. HARTUNG.

CURRANT TARTS

Make rich pie crust using all butter instead of lard or Crisco. Cut in circles and on each one place a teaspoon of currant jelly. Turn one half over and pinch edges together. Bake in a hot oven. Serve hot. The jelly will not melt.

MRS. WILL MOXLEY.

CHEESE PUFFS

Boil one-half cup of water and $\frac{1}{4}$ cup of butter. When boiling add 2 tablespoons flour and 1 tablespoon cornstarch sifted together. Beat well while cooking several minutes. Remove from fire and add $\frac{1}{2}$ cup grated cheese. Beat in, 1 at a time 2 eggs and season with salt and cayenne. Use a teaspoonful of batter for each puff and bake in moderate oven one-half hour. Split open and fill with 1 cup of whipped cream mixed with Neufchatel cheese. These make a nice accompaniment for salad.

MRS. HARRY DUNBAR.

CHEESE STICKS

1 cup flour	$\frac{1}{2}$ cup grated cheese
1 teaspoon baking powder	pinch of cayenne
$\frac{1}{8}$ teaspoon salt	milk

Sift together the flour, baking powder, and salt. Add grated cheese, cayenne and enough milk to make a stiff dough. Roll thin, sprinkle with grated cheese and paprika, cut in inch wide strips the length desired and bake on oiled paper in a hot oven until a rich brown.

MRS. GEORGE HOPKINS.

CHEESE STRAWS

Roll flaky pastry in rectangle. Sprinkle with moderately soft grated cheese, salt, paprika and cayenne. Fold in thirds and roll lightly to one-third inch thickness. Cut with sharp knife narrow strips 5 or 6 inches long. Place carefully on baking sheet and bake in moderate oven. Pile log cabin style and serve with salad.

MRS. WALTER HUMMEL.

SHORT CAKE

$\frac{1}{3}$ cup shortening	3 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon salt
$\frac{3}{4}$ cup milk	1 egg
2 cups flour	

Cream sugar and shortening, add egg-yolk. Sift flour, baking powder and salt and add to other mixture alternating with the milk. Add stiffly beaten egg-white last. Bake in two round cake tins in moderate oven.

MRS. ORVILLE WALLER.

CREAM PUFFS

One-half cup butter melted in 1 cup hot water. Put in small pan and boil. While boiling stir in 1 cup flour, take off and let cool; when cold stir in three eggs, one after the other without beating. Drop on buttered tins and bake in a hot oven twenty or thirty minutes.

MRS. WALTER HUMMEL.

PICKLES

CUCUMBER PICKLES

- | | |
|---------------------------------|-------------------------|
| 1 dozen cucumbers | 1 teaspoon ginger |
| 1 pint vinegar | 1 teaspoon pepper |
| 1 cup sugar | 1 teaspoon celery seed |
| $\frac{1}{2}$ teaspoon turmeric | 1 teaspoon mustard seed |
| 1 teaspoon salt | |

Put the cucumbers, which should be three or four inches in length, in a pan, cover with boiling water and let stand until cold. Do this three times, then pack cucumbers into jars and cover with the boiling syrup which you have made from the other ingredients. Seal. Ready for use in about 4 weeks. This makes a pickle that is crisp and not very sweet.

MRS. HERBERT OLSQN.

CUCUMBER PICKLES

- 1 dozen cucumbers (pare and slice)
 Let stand in salt water one hour and drain—
 $\frac{1}{2}$ dozen small onions (not pickling)

- Dressing:
- | | |
|--------------------|----------------------------------|
| 1 cup sugar | a dash of cinnamon |
| 1 pint vinegar | 1 teaspoon each of salt, ginger, |
| 1 tablespoon flour | pepper, celery seed and |
| | powdered turmeric |

Put together; let boil and seal in jars. Be sure and let boil only once, for if boiled too long they will not be crisp.

MRS. HERALD WHITE.

MUSTARD PICKLES

- | | |
|-----------------------|----------------------------|
| 25 or 30 dill pickles | 1 cup sugar |
| 1 pint vinegar | 3 teaspoons ground mustard |

Let dill pickles soak in water 2 or 3 days, changing water several times. Mix vinegar, sugar and mustard, and put pickles in this and let stand 2 or 3 days, after which pickles will be ready for use. Will keep quite long time in covered stone jar.

MRS. DICK KIGER.

MUSTARD PICKLES

- | | |
|---------------------------|--------------------------------------|
| 2 quarts small cucumbers | Dressing: |
| cut up | 3 quarts mild vinegar |
| 2 quarts small onions | 2 cups sugar |
| (pickling) | 3 teaspoons celery seed |
| 2 heads cauliflower | $\frac{1}{2}$ pound Colemans mustard |
| 2 green peppers | $\frac{3}{4}$ cup flour |
| 1 cup salt—let stand over | $\frac{1}{4}$ cup turmeric powder |
| night | |

Mix mustard, turmeric and flour with little cold vinegar until smooth. Stir into hot vinegar. Add sugar, celery seed and pickles.

Boil 5 minutes and seal hot. Makes 12 pints

MRS. HERALD WHITE.

MUSTARD PICKLES

2 quarts green tomatoes	2 cupfuls sugar
1 quart small white onions	4 tablespoons mustard
1 cauliflower	3 tablespoons mustard seed
6 cucumbers	4 tablespoons flour
6 peppers	1 tablespoon celery seed
2 quarts of vinegar	turmeric to color

Cut up tomatoes and cucumbers, sprinkle with salt and let stand over night. Add onions, peppers and cauliflower and cook a few minutes. Drain. Make sauce of vinegar and seasonings. Pour over vegetables, cook and can.

MRS. ALTON BAKER.

TURMERIC POWDER PICKLES

12 cucumbers. Peel and slice half inch thick; 4 onions, sliced about half inch thick. Stand in salt water 2 hours. Drain. $1\frac{1}{2}$ cups sugar, $1\frac{1}{3}$ dessert spoon mustard, 1 dessert spoon turmeric. Put on enough vinegar that you can see through pickles. Boil 25 minutes. Seal

MRS. WEIR McDONALD.

DILL PICKLES

1 quart mild vinegar	2 quarts water
$\frac{1}{2}$ cup salt	1 tablespoon sugar

Fill warm jars with cucumbers which have been washed, dried and pierced, add chopped onions, garlic, horseradish and dill to each jar. Heat vinegar, water, salt, sugar, fill jars with this liquid and seal. $\frac{1}{8}$ teaspoon alum added to each jar will make pickles firm

MRS. CURTIS HARRIS.

DILL PICKLES

Soak the cucumbers in water with a little alum to make them crisp. Pack jars with cucumbers and pour over them a boiling brine of salted, diluted vinegar. Into each jar put two or three sprigs of dill, one tablespoon grated horse radish, one tablespoon chopped green pepper, a slice of onion and a few bottled small red peppers. You may put a grape leaf on the bottom and top of cucumbers. However, this is optional. Seal the jars.

MRS. J. K. PRATT.

ICE BOX PICKLES

Scrub pickling cucumbers and soak for two hours in ice water. Dry and pack cucumbers, slices of celery and onions and yellow mustard

seed into fruit jars. Pour over boiling liquid: 1 quart of vinegar, 1 cup sugar, $\frac{1}{2}$ cup salt. Seal in sterilized jars

MISS MERTIE AUTEN, Portland, Ore.

CUCUMBER RELISH

1 quart chopped cabbage	2 cups sugar
1 quart chopped onions	1 teaspoon each turmeric,
3 green peppers	celery seed, mustard
3 red peppers	seed and dry mustard
$\frac{1}{2}$ cup salt	1 pint vinegar
$\frac{1}{2}$ cup flour	

Mix cabbage, onions, peppers and salt with water to cover and let come to a boil. Mix together remainder of ingredients and pour over first mixture. Add one quart sliced cucumbers, let come to a boil and bottle. This is excellent for serving with studio steak.

MRS. JOHN J. McEWAN.

DELICIOUS PICKLES

$\frac{1}{2}$ peck ripe tomatoes	3 onions
2 quarts green tomatoes	1 head cabbage
$\frac{1}{2}$ dozen red peppers	1 bunch celery
$\frac{1}{2}$ dozen large cucumbers	

Chop onions, celery, peppers, together. Chop green tomatoes, cabbage and cucumbers together. Sprinkle with salt and let stand over night. Drain dry and add:

$\frac{1}{2}$ gallon vinegar	2 tablespoons white mustard
1 pound sugar	seed
$\frac{1}{4}$ ounce turmeric powder	$\frac{1}{2}$ cup grated horseradish

Cook altogether half hour and seal. MRS. WALTER HUMMEL.

MOTHER'S GREEN TOMATO PICKLES

1 peck green tomatoes	1 tablespoon ground alspice
salt	1 tablespoon cinnamon
6 large onions	1 teaspoon cloves
6 green peppers	1 tablespoon mustard
1 cup sugar	3 pints vinegar

Slice tomatoes the day before you are ready for pickling. Sprinkle thoroughly but not too heavily, with salt. In the morning drain off all juice. Place in kettle layer of tomatoes, then layer of sliced onions. Between each layer sprinkle other dry ingredients and peppers sliced. Pour vinegar over top, using more than the three pints if necessary to completely cover. Boil until tender. MRS. CHARLES HARDY.

GREEN TOMATO PICKLES

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|---------------------------|-------------------------|
| 3 quarts sliced tomatoes | 3 large bunches celery, |
| 2 cups sliced onions, | sliced |
| scalded | 2 large peppers |
| 6 cups sugar | 1 teaspoon whole mace |
| 1½ quarts diluted vinegar | 1 teaspoon mustard seed |
| 4 cloves | 1 teaspoon celery seed |
| 12 allspice | |

Put all condiments in a bag and simmer in part of the vinegar. Strain this into the other vinegar. Add all the other ingredients and cook together for one hour, or until clear. When almost done, add a dash of cinnamon, mace, cloves, 1 teaspoon celery seed, 1 teaspoon mustard seed and juice of one lemon. Seal while hot.

MRS. HERALD WHITE.

MIXED PICKLES

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| 3 pints ripe tomatoes | 3 green peppers |
| 3 pints green tomatoes | 1 cup horse radish |
| medium sized head cabbage | 3 red peppers |
| 1 quart onions | 5 cents mustard seed |

Put all this through food grinder, then add ½ cup salt and let it stand over night. Drain as dry as possible, then add: 3 pints vinegar, 3 pints sugar. Bring to boil and seal. Makes 9½ pints.

MRS. HARRY KEENEY, Independence, Oregon.

PEPPER HASH

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|-----------------------|-------------------------|
| 1 dozen green peppers | 1½ cup vinegar |
| 1 dozen red peppers | 1 cup sugar |
| 1 dozen onions | 2 or 3 tablespoons salt |

Chop peppers and onions (or grind), add other ingredients and cook a few minutes. Seal while hot.

MRS. ALTON BAKER.

CHUTNEY

- | | |
|-------------------------|----------------------------|
| 8 pounds green tomatoes | 2 tablespoons salt |
| 4 pounds apples | 1 tablespoon cloves |
| 10 green peppers | 1 tablespoon white mustard |
| 2 pounds raisins | 2 pounds brown sugar |
| 2 pounds onions | 1 tablespoon cinnamon |
| 2 quarts vinegar | 1 teaspoon celery seed |

Put tomatoes, apples, peppers, raisins and onions through coarse food grinder; mix with other ingredients and cook until tender. Seal.

MRS. WALTER HUMMEL.

OLIVE OIL PICKLES

Buy medium sized cucumbers. Slice them. Have one gallon after sliced. 1 dozen small onions sliced. Alternate layers of cucumbers and onions with salt, using one cup of salt. Let stand over night. In the morning drain well. Add 2 tablespoons mustard seed and 2 tablespoons celery seed and one cup oil. Cover with white vinegar. Put in jars and seal.

MRS. WILL MOXLEY.

CORN RELISH

2 dozen ears corn	$\frac{3}{4}$ cup flour
1 head cabbage	$\frac{1}{4}$ cup mustard, dry
4 large onions	$\frac{1}{4}$ cup salt
1 red pepper	3 cups sugar
1 green pepper	2 teaspoons turmeric
1 quart vinegar	

Cut corn from ears; chop the cabbage, onions and peppers, discarding the seeds. Mix all other ingredients with the vinegar and add to vegetables and cook one-half hour. Just before removing from fire add two teaspoons celery seed. Seal in pint jars. Makes about twelve pints.

MRS. J. W. WOODRUFF.

SWEDISH PICKLES, COOKED

5 quarts cucumbers	$\frac{1}{4}$ teaspoon ginger
1 tablespoon mace	1 cup grated horse radish
1 tablespoon red peppers	$2\frac{1}{2}$ cups brown sugar
1 tablespoon celery seed	$2\frac{1}{2}$ quarts mild vinegar
1 tablespoon cloves	

Soak cucumbers over night in brine strong enough to carry an egg. Next morning, wash in clear water and dry. Put mace, peppers, cloves, celery seed and ginger in a bag and add to the horse radish, sugar and vinegar and cook about $\frac{1}{2}$ hour. Then add pickles. Do not boil, but let them cook until they turn yellow. Seal.

MRS. WALTER HUMMEL..

SWEET PICKLED PEACHES

8 pounds peaches	1 cup water
5 pounds sugar	$\frac{2}{3}$ cup stick cinnamon
1 pint vinegar	$\frac{1}{3}$ cup whole cloves

Dip peaches in boiling water for a moment and then rub off the skins. Mix the sugar, vinegar, water and spices, which have been tied in a bag, and bring to the boiling point, removing scum, if necessary; boil until the consistency of syrup. Add a few peaches at a time and cook until tender, then place in sterilized jars. When all peaches are cooked, reduce the syrup and fill the jars to overflowing with it. Seal.

MRS. GAVIN DYOTT.

PICKLED PRUNES

8 pounds prunes	2 ounces stick cinnamon
4 pounds sugar	whole cloves
1 pint vinegar	

Put whole clove in each prune. Bring sugar, vinegar and cinnamon to good boil and pour over fruit. Let stand 24 hours. Drain off juice, bring to boil and again pour over fruit. Let stand 24 hours, drain and bring juice to boil. Add prunes, a few at a time, cook until heated through, and put in jars. Boil syrup until thick, cover fruit and seal.

MRS. GEORGE SCHAEFERS.

CRAB APPLE PICKLES

7 pounds crab apples 2 cups water
3½ pounds sugar whole cloves
3 cups vinegar
3 ounces stick cinnamon or
mixed pickling spices

Wash apples, press in 1 whole clove in blossom end. Steam partially tender. Add apples to cooked syrup and cook until tender. Can.

MRS. HARRY PARSON, Portland, Ore.

PICKLED PINEAPPLE

1 cup (can) pineapple, all of 3 tablespoons vinegar
juice stick of cinnamon
½ cup sugar clove, a little bit

Boil pineapple, juice, spice, and vinegar one-half hour. Add sugar, boil one-half hour longer, or till it jells a little.

MRS. WILSON JEWETT.

GINGER PEARS

4 pounds pears peeled and cut in cubes 4 pounds sugar

Juice of four lemons and the rind of two lemons. 2 ounces of preserved ginger cut fine. Cook over slow fire until thick. Can.

MRS. GAVIN DYOTT.

SPICED CHERRIES

2 pounds sugar 2 tablespoons whole cloves
4 pounds cherries 2 tablespoons cinnamon
½ pint vinegar

Place on back of stove and boil slowly until tender, at least 2 or 3 hours. Can.

MRS. HERMAN HOBI.

SPICED PRUNES

2 pounds sugar 2 tablespoons whole cloves
3 pounds dried prunes 2 tablespoons cinnamon
½ pint vinegar

Boil slowly until tender. Excellent to serve with meat.

MRS. HERMAN HOBI.

WATERMELON SWEET PICKLES

After trimming rind off and cutting in squares, soak in salt water 24 hours. About ½ cup rock salt to water enough to cover rind. Soak next in clear water 1 day. Then drain and pour over hot alum water. Let boil up then drain and soak again in clear water over night. Then boil in tea made with about 10 cents worth of ginger root. Boil until tender, drain and pour over a syrup made of 1 quart vinegar and four pounds white sugar. Tie in a piece of cheese cloth, 1 easy tablespoon ground cinnamon, ½ a grated nutmeg and 8 or 10 whole cloves. Add 3 or 4 sticks of cinnamon bark. Boil until rind is clear. Put in jar adding the sticks of cinnamon and a few pieces of ginger root. Seal while hot.

MRS. WILL MOXLEY.

CANTALOUPE PICKLES

Peel and cut into desired pieces firm cantaloupes, pack in stone jar. Scald with hot vinegar (1 part vinegar and 2 parts water) once each day for three days on fifth day remove melons from vinegar and weigh. To 5 pounds of fruit add 3 pounds sugar and 1 quart fresh vinegar (1 pint vinegar and 2 parts water). Tie stick cinnamon and a few whole cloves in thin white cloth. Put all over fire and boil until tender. Return to jar and let stand 24 hours. Pour off syrup and boil until it thickens a little and add fruit, bring it to the boiling point and seal immediately.

MRS. CURTIS HARRIS.

BARTLET PEAR PICKLES

Select smooth pears, uniform in size, preferably with stems, just before they turn yellow. (If pears are too ripe, they will break up.) Peel and core from blossom end, leaving pears whole. Weigh. To seven pounds of fruit, use three pounds of granulated sugar. Pack pears in stone jar. Make enough syrup of sugar and weakened vinegar to cover pears. If you have a three gallon jar two thirds full of pears, a gallon of syrup will be required to cover well. Heat syrup to good boil; pour over pears, weight with a plate, cover jar with three or four thicknesses of cloth, a folded tea towel, and put lid on jar to retain heat and steam. Next day pour off syrup, heat to boiling and pour over pears again. Repeat on third day. This may be done a fourth time, thus lessening time of final cooking. Next day, heat syrup as before adding whole cloves, cinnamon bark, and whole mace tied in bags. The amount of spices depends on individual taste. Probably a tablespoonful of each, omitting any not liked. Remove bags after one-half hour's boiling. Add pears to cover surface of syrup. Boil until clear and dark. This requires time and care to prevent fruit from sticking. Remove pears to jar as they are done, adding others to hot syrup until all are cooked. Pour boiling syrup over pears, put bags of spice on top and cover as before. If sufficiently cooked, these will keep indefinitely.

This rule was given to me many years ago by Mrs. John Church, an old-time resident of Eugene, and one of the old town's best cooks.

MRS. LAWRENCE T. HARRIS.

POULTRY-GAME

FRIED CHICKEN WITH SOUR CREAM

Fry chicken nice and brown, season, place without lid in oven. Pour over 1 pint of sour cream, baste once or twice till cream will make gravy. Keep crisp and brown.

MRS. F. A. BAKER.

FRICASSEE CHICKEN

2 chickens, disjointed 1 tablespoon butter 1 tablespoon lard
Heat lard and butter. Put in chicken, allow to get yellow, not brown, then pour 2 cups boiling water over and add 2 Bay leaves, also salt and pepper to taste. Cover tightly and cook slowly for 3 hours. Put flour into gravy, stir till light brown, add 1 cup cream, not milk, simmer till creamy. Cover chicken with gravy and serve rest in separate dish.

MRS. WILL H. MURGITTROYD, Spokane.

CHICKEN FRICASSEE

1 chicken	3 tablespoons olive oil
1 can tomatoes (solid pack)	1 onion, parsley and garlic
1 small piece rosemarie, bay leaves	

Chop 4 stems of parsley, one onion and a toe of garlic. Brown in 3 tablespoons of olive oil in a sauce pan. Cut one chicken into medium size pieces and add to above mixture. Then add one can of tomatoes (solid packed) together with a small amount of rosemarie and bay leaves for flavoring. Cook about 1½ hours slowly. 4 pound chicken serves 6 people.

MRS. F. TOSO, San Francisco.

CHICKEN DUMPLINGS

2¼ cups sifted flour	1 teaspoon salt
2 heaping teaspoons of baking powder	2 eggs

Break eggs into flour mixture, add 1 cup milk beating all the while. Drop by spoonful into gravy which has been slightly thickened, cook about 15 minutes.

MRS. S. C. ENDICOTT.

CHICKEN (South Carolina Style)

Dress, clean and cut up a chicken. Arrange pieces in roaster. Sprinkle with salt and pepper. Over top place four strips of bacon, several small bay leaves. Add four tablespoons of minute tapioca and cover with hot water. Cook slowly until chicken is tender. A delicious amber colored gravy will cover the chicken when done.

MRS. EDGAR E. MARTIN.

SPANISH CHICKEN

Cut up a chicken and boil until tender. Chop and fry in chicken fat 2 onions, 2 green peppers (seeded), stirring in 1½ tablespoons flour.

Have ready a can of solid pack tomatoes, into which stir 2 dozen ripe olives, seeded and a small clove of garlic minced fine; salt and pepper to taste. Add to the fried onions and peppers; cover and let simmer a few minutes. Take a can of corn (or 7 large ears fresh corn) salt to taste. Grease a baking pan, cover bottom with corn, then chicken, then other ingredients with a little of the chicken broth. Stir all together in the pan and bake until brown.

MRS. FREDERICK STICKELS.

CHICKEN PORTUGUESE

4 pounds chicken cooked	$\frac{1}{2}$ cup olive oil cooked with
2 packages macaroni or noodles, cooked in chicken broth	2 onions
2 cans corn or peas	1 green pepper
2 cans tomato sauce	garlic
1 tablespoon chili powder	1 large can mushrooms
	1 can olives

Cut chicken in rather large pieces and mix with rest of ingredients. Heat thoroughly, sprinkle with Parmesan cheese and serve.

MRS. W. A. HUMMEL.

SCALLOPED CHICKEN

Cut cold cooked chicken in pieces and place in pan; pour small amount of broth over chicken, then place layer of soft bread crumbs over this, followed by layer of rich cream sauce. Season well with salt and pepper. Continue process until pan is full, then bake for 45 minutes in 350 degrees oven.

MRS. FRANK JENKINS.

ESCALLOPED CHICKEN

1 chicken (4-5 pounds)	1 can mushrooms
1 set sweetbreads	1 cup sweet cream
2 hard cooked eggs (cut fine)	1 cup bread crumbs
pepper and salt to taste	(moistened)
1 cup milk	1 tablespoon butter
1 tablespoon flour	

Make a white sauce of the milk, flour, butter and seasoning. Mix the chicken, cut fine, eggs chopped, mushrooms chopped, and sweetbreads together with the white sauce. Fill a buttered baking dish with a layer of this mixture and sprinkle with a layer of crumbs, until the dish is full. Pour cream over all and bake $\frac{1}{2}$ hour in hot oven.

MRS. DAVID AULD.

MRS. WALTER FELL.

CHICKEN GUMBO

1 4-pound chicken	1 small onion
3 cups hot water	bacon fat
3 cups canned tomatoes	3 tablespoons flour
4 cups okra or 1 large can	$\frac{1}{2}$ red pepper
$1\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ cup rice

Clean and cut up chicken. To dredge, shake a few pieces at a time in a paper bag, into which flour, salt and pepper have been sifted. Fry light brown in bacon fat. Remove to a kettle and fry finely chopped

onion in remaining fat, add sliced okra, chopped red pepper and simmer a few minutes. Add the flour and salt and stir until smooth. Add to the chicken with the boiling water and tomato pulp and simmer until chicken is tender. Serve with the rice, which has been cooked meanwhile in boiling, salted water. If canned okra is used, drain and add fifteen minutes before serving. The tomato pulp may be made into a sauce and served with the gumbo.

MRS. ARTHUR ROGERS.

CHICKEN OR TURKEY LOAF. (Serves 8)

(Using left-overs)

2 cups cooked diced chicken	1 teaspoon salt
1 cup soft bread crumbs	$\frac{1}{4}$ teaspoon pepper
1 tablespoon finely chopped pimento	2 tablespoons melted butter
2 tablespoons finely chopped green peppers	1 cup milk
1 tablespoon finely chopped parsley	2 eggs beaten

Mix ingredients and put in buttered loaf pan. Bake in moderate oven for 30 minutes.

MRS. HOWARD HALL.

CHICKEN CURRY WITH RICE

The day before wanted, boil a 4 or 5 pound fowl, and take from bones when tender, cutting into pieces not too small. Skim fat from liquid after it has cooled, and save both.

When ready to make the cream mixture, place your chicken in a large kettle with enough butter and chicken fat combined to more than moisten the chicken when stirred lightly about. When all is heated dredge with plenty of flour, and stir lightly again until the flour is taken up and the whole is moist, then add half milk and half chicken liquor sufficient to make it a rather thin cream sauce. If you have used sufficient fat and flour this should require about two quarts of liquid. Season with salt and pepper, a bit of celery and onion, salt, a dash or two of Worcestershire sauce and one to three tablespoonsful of curry powder, depending on how strongly flavored you desire it. Two level tablespoonsful should be ample to impart a flavor pleasing to everyone, even those who are not exceedingly fond of curry.

The rice has meanwhile been cooked in the oriental fashion, namely dropped into boiling salted water and cooked so that every flake is separate and not too done, then dried out in a colendar placed in your oven or warming oven.

Mound the rice and garnish it with chopped salted peanuts and parsley, or simply pour the chicken mixture over it and serve all at once. To complete this dish, little bowls of crisped chopped bacon, chopped hard cooked egg, small pickled white onions, shredded cocoanut, salted nuts and mango chutney are passed as accompaniments, and it is best served with a simple crisp salad such as lettuce and grapefruit with French dressing and toasted buttered rolls and coffee.

This recipe should serve 12 to 16 people.

MRS. LYNN MCCREADY.

SMOTHERED RABBIT SUPREME

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| 1 young rabbit | 2 large onions |
| bacon fat | 2 tablespoons butter |
| 1 cup thick sour cream | $\frac{1}{4}$ cup flour |
| $1\frac{1}{2}$ teaspoon salt | pepper |

Cut up rabbit and dredge in a paper bag, in which the flour, salt and pepper have been sifted. Brown nicely, in bacon fat and butter. Place in a small roaster, and cover with a layer of thinly sliced onions; add the cream, cover with a tight lid and place in a slow oven, 325 degrees, to bake until tender. Remove to a platter, adding the sauce and arranging small pan-browned potatoes around the meat.

MRS. ARTHUR ROGERS.

SALMI OF DUCK IN CASSEROLE

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|---|---|
| 1 tablespoon butter | 2 cups stock |
| 2 tablespoons diced bacon or
salt pork | season to taste, salt, black
pepper, thyme, sage |
| 1 tablespoon flour | |
| 1 tablespoon each diced onion
and carrot | |

Saute butter and bacon with onion, add the flour, let brown, add stock and seasoning, simmer for 30 minutes. Put nicely cut duck in casserole and pour stock over and cook in hot oven. Serve with water cress and currant jelly.

MRS. JESSIE M. HONEYMAN.

WILD DUCKS

"From Marsh to Platter"

Preparation: Once killed, ducks should be hung in a cool place for at least six or seven hours before cooking. Never pack in grass or straw. The birds should be bled immediately after being killed and the sooner the oil glands are removed, the less oily flavor there will be. Pluck the birds dry. Hang them up by the leg and pick downward toward the head, removing all quills and pin feathers. Cut off head close to the body and sever legs at first joint. Draw as you would any fowl. Singe quickly and wipe clean inside and out with a damp cloth. Never put the duck in water.

Roasting: Method 1: If desired, ducks can be stuffed with any poultry dressing. A more common stuffing consist of a quartered apple, a quartered onion, a branch of celery, and a carrot. This dressing is not to be served. Rub the breast of each bird with bacon fat and put enough fat in the pan to prevent the meat from sticking and roast in a very hot oven (475 degrees) in an open pan for about 25 minutes, depending on the size. Ducks should always be cooked underdone, never overdone. They may be served plain or with a sauce.

Sauce for Wild Ducks (Enough for 2 Ducks)

1½ tablespoon melted butter	2 teaspoons currant jelly
1 teaspoon Worcestershire	1 dash lemon juice
1 teaspoon catsup	1 dash cayenne pepper

Mix the above ingredients and add the juice from the roasting pan and from the ducks, by draining the juice out of the carcass. Pour over the ducks when placed on a serving platter. Dip the slices of duck in sauce when served.

Method 2: Before cooking, brush the inside of each bird with the following mixture:

2 teaspoons sage	2 teaspoons thyme
2 teaspoons summer savory	2 teaspoons sweet marjoram

Mix these ingredients and keep in a small bottle. Use about ¾ teaspoonful to each bird. Added to this for still further improvement, form a trough from a large stick of celery. Place this in the opening of each bird's carcass and pour through it 2 tablespoons of cooking sherry. Stewed celery and wild rice are both excellent to serve with roast ducks.

Wild Rice

Use a large pot 2/3 full of boiling water. Add one cup of well washed wild rice and boil rapidly for 25 minutes. Drain in a colendar and turn into a baking dish, season with salt and pepper, place a generous piece of butter on top and bake for a short time in a moderate oven.

Left Over Duck

Pick out every bit of meat left on the carcasses and bones and place in a frying pan. To what gravy or sauce is left, add butter and a little water. Season with salt, a little pepper and a sprinkling of cayenne. If the quantity is insufficient, add finely diced fresh celery. Let all this boil together until thoroughly heated or until the celery is tender. Have a hot platter of hot buttered toast ready. Place a spoonful of the mixture on each piece of toast and serve.

MRS. DAVID EVANS.

VENISON

Care of Meat: Quarter the carcass, dust the meat with flour and sew each quarter in a cheese cloth bag to keep out the blowflies. Hang up in a shady place, as cool as possible, where draughts of air can reach it. Venison so prepared will keep for several days or even weeks. The longer it is hung, provided it is kept cool and dry, the more tender and better flavored venison becomes.

Venison may be fried, broiled, roasted, baked, boiled or stewed. As to the choice of ways a great deal depends upon the age of the buck, the condition of his meat, and the cut to be used.

Roasting: A ham is the best cut. Wipe off the meat with a damp cloth. Do not wash it. Salt and pepper the meat and place it on the rack of your roaster. Place a little water beneath for basting purposes, but do not let the water touch the meat. Have the oven fairly hot. Put in your venison and after a few minutes, when the meat has exuded

some drippings, start basting the roast. Cook in open pan and continue to baste at ten-minute intervals until the meat is nearly done. Allow about 25 minutes per pound for cooking. About 20 minutes before the roast is done, sift it sparingly with flour. Continue basting with butter. Make a gravy with drippings and serve with currant jelly.

Frying and broiling: Pan frying and broiling are the easiest and quickest ways of cooking the meat, but the cuts should be from the loin, rib chops, or the ham. The meat should be cut in thin slices and slightly pounded, but not chopped or hacked. It should be cooked to about the same stage as a steak is cooked when you order a "tenderloin medium-rare" in a good restaurant. It should not be over-cooked and it should not be quite rare.

Pick out a loin cut or any steak chop. Wipe with a damp cloth and put in a hot broiler pan which has been rubbed with fat. Give a steak of average thickness about 15 minutes over the fire, turning once, and serve on hot platter with butter, salt and pepper.

The most common way of cooking venison is pan-frying. Put about the same amount of bacon grease or any other oil or fat into an iron skillet, such as you would use for frying chicken. Roll the steaks in flour or bread crumbs and brown on both sides as you do chicken, frying about 15 or 20 minutes according to thickness, turning only once. Remove to hot platter, season with salt and pepper and serve with a gravy made from drippings.

MRS. DAVID EVANS.

SALAD-SALAD DRESSING

TWO VARIATIONS OF ALLIGATOR PEAR SALAD

Cut pears in halves and remove stones. Pare them and cut into cubes. Mix with French dressing and serve on crisp lettuce. Sprinkle with shredded almonds. Cut pears into halves, and scoop out the pulp into sections, being careful not to break the skins. Combine with sections of grapefruit, mix with French dressing, and refill the skins. Serve on lettuce leaf.

Mrs H. C. REID, Long Beach, Cal.

BAKED APPLE SALAD

6 small uniform tart apples $\frac{1}{2}$ cup chopped peanuts
1 cup cubed marshmallows currant jelly

Core apples, fill centers with brown sugar and a lump of butter and bake as usual, basting with a little hot water. Chill. Mix together peanuts, marshmallows and $\frac{3}{4}$ cup of mayonnaise. Fill the apples and top with a little more mayonnaise and currant jelly. Serve on lettuce hearts.

Mrs. ROBERT BETTS.

COLD SLAW

$\frac{1}{2}$ cup vinegar $\frac{1}{2}$ cup sugar
 $\frac{2}{3}$ cup cream 2 eggs
salt butter the size of a walnut

Beat all the ingredients together. Cook until thick and pour over finely shredded cabbage while hot. Chill thoroughly and serve cold.

Mrs. G. E. LEHMAN.

FISH SALAD WITH CUCUMBER DRESSING

2 cups shrimp, tuna or $\frac{1}{4}$ cup vinegar
salmon yolks of 2 eggs
 $1\frac{1}{2}$ tablespoons flour 1 cup cream
1 teaspoon salt 2 tablespoons gelatine
cayenne dissolved in $\frac{1}{4}$ cup cold
1 teaspoon dry mustard water

Into double boiler put flour, salt, cayenne, mustard, vinegar, egg yolks and cream. Cook until consistency of thin custard. Add gelatine dissolved in cold water and fish. Pour in ring mold or individual molds and garnish with tomatoes. Serve with cucumber dressing.

Mrs. JOHN JAY ROGERS.

FRUIT SALAD

1 pound marshmallows, cut 2 tablespoons sugar
1 large can sliced pineapple, 3 tablespoons vinegar
diced 1 teaspoon salt
1 can seedless white grapes $\frac{1}{2}$ teaspoon mustard
Dressing: 1 cup pineapple and grape
6 egg yolks juice
1 tablespoon flour

Cook in double boiler until thick. When cool add one pint cream, whipped. Stir fruit into dressing and let stand from three to twelve hours before serving. Serves fifteen people.

MRS. FRANK JENKINS.

MRS. SUDERMAN'S SALAD

1 cup diced pineapple
1½ cups walnut meats
1 cup diced oranges
1 cup dates chopped

Dressing:

1/3 cup sugar
¼ cup pineapple juice
¼ cup lemon juice
2 eggs, beaten whole

Mix the fruit and nuts with the dressing prepared as follows: After beating eggs, add juices, then sugar and salt. Beat well and cook in double boiler for two minutes.

MRS. G. E. LEHMAN.

FRUIT SALAD

1 quart Royal Anne cherries,
seeded
1 large can pineapple, diced
1 pound marshmallows, cut
½ pound shelled almonds,
blanched and cut

Dressing:

¼ cup hot milk
1 teaspoon mustard
2 eggs
juice of one lemon

Add mustard to hot milk and pour over well beaten eggs, add lemon juice and cook until creamy. When cold add ½ or 1 pint whipped cream. Mix fruit with dressing and let stand several hours or over night before serving.

MRS. JAMES KING.

CHEESE SALAD (Ring Mold)

1 can of tomato soup
3 packages Philadelphia
cream cheese

2 tablespoons gelatine
dissolved in
½ cup cold water
1 cup of mayonnaise

One and one-half cups of chopped onions, green pepper and celery. Bring soup to boil with an equal amount of water, remove from stove and add gelatine and cheese, stir until smooth and add the chopped mixture. When cool add the mayonnaise and pour in mold which has been dipped in cold water, chill until firm.

The following fruit salad is nice served in the center of the above mold or served alone:

(Fruit Salad)

1 large can pineapple cut and
drained
1 can of white cherries
drained and pitted

½ pound of marshmallows cut
in quarters
juice of one small lemon

Place in ice box for 12 hours or more.

Dressing:

2 egg yolks

1 teaspoon mustard
½ teaspoon salt

Cook until it thickens and add to fruit when chilled, (be sure fruit is drained thoroughly before adding dressing.) Last add whipped cream ($\frac{1}{2}$ -pint bottle). Serves 12. MRS. ARNOLD BENNETT HALL.

FROZEN CRAB MEAT AND TOMATO SALAD

2 cups canned tomatoes	1 tablespoon granulated
2 whole cloves	gelatine
1 small onion	2 tablespoons cold water
$\frac{1}{2}$ teaspoon celery seed	1 tablespoon lemon juice
1 teaspoon salt	1 green pepper
2 tablespoons sugar	1 small can crab meat
$\frac{1}{8}$ teaspoon pepper	1 cup cream

Combine tomatoes, cloves, onion, celery seed, salt, sugar and pepper and simmer fifteen minutes. Strain and add lemon juice and gelatine which has been softened in cold water. Cool until mixture is set. Beat with egg beater until fluffy. Fold in well whipped cream, 1 chopped green pepper and crab meat. Put in trays and freeze. Shrimp or ground ham may be used instead of crab meat.

MRS. JOSEPH KOKE.

MY FAVORITE FROZEN SALAD

$\frac{1}{2}$ cup Philadelphia cream	1 small can pineapple crushed
$\frac{1}{4}$ cup salad dressing	$\frac{1}{2}$ pint cream
$\frac{1}{3}$ pound marshmallows cut fine	

Cut marshmallows fine and pour the pineapple over them while you blend cheese and dressing together. Combine them and add to the cream whipped stiff. Freeze in refrigerator or pack in salt and ice for several hours. Serve with mayonnaise on a lettuce leaf.

MRS. F. X. SCHAEFERS.

FROZEN FRUIT SALAD

1 can choice pineapple, cut up	1 pound blanched almonds
1 pound marshmallows, quartered	quartered
candied or maraschino cherries as desired	1 cup mayonnaise made with lemon juice
	1 pint whipping cream

Cut up fruit and marshmallows day before and let dry out. Next day mix mayonnaise and cream whipped stiff, pour in fruit, and pack four hours in mould or freezer, or freeze in ice machine.

MRS. LYNN MCCREADY.

FROZEN CHEESE SALAD

1 package cream cheese	4 large slices pineapple
1 pint canned Royal Ann cherries	

Mix cheese with mayonnaise until soft. Add pineapple and cherries and a cup of pineapple juice. Freeze for three hours. Cut in

squares. Serve on lettuce leaf with mayonnaise. Serves six to eight.

Mrs. J. M. MILLER.

FROZEN ROQUEFORT CHEESE SALAD

- | | |
|------------------------------|--------------------------------------|
| 1 teaspoon gelatine | 3 tablespoons cold water |
| 1 teaspoon lemon juice | $\frac{1}{4}$ pound Roquefort cheese |
| 8 ounces cream cheese | $\frac{1}{2}$ teaspoon onion juice |
| (two packages) | $\frac{1}{2}$ teaspoon paprika |
| 1 tablespoon chopped chives | 1 cup undiluted evaporated |
| 1 cup finely chopped cabbage | milk or cream |
| or celery | |

Put gelatine in bowl with water and lemon juice. Place over boiling water and stir until gelatine is dissolved. Mash cheese to a smooth paste. Add cream cheese, onion juice and milk or cream. Work together until smooth. Add the chives, paprika, cabbage or celery and dissolved gelatine. Pour into chilling tray. Before serving cut into small squares, place on lettuce hearts and serve with mayonnaise.

Mrs. HERMAN HOBI.

FROZEN CHEESE SALAD

- | | |
|-------------------------|-----------------------|
| 1 package cream cheese. | 1 small can Royal Ann |
| 1 small can of sliced | cherries (pint can) |
| pineapple (4 slices) | |

Mix the cheese with enough mayonnaise to make a soft paste. Add pineapple and cherries and half the pineapple juice. Put into baking powder cans and pack in ice and salt for 3 hours. Cut in slices, serve on lettuce with mayonnaise on top. Serves 6 or 8.

Mrs. ARNOLD BENNETT HALL.

24 HOUR SALAD

- | | |
|--------------------------------------|----------------------|
| yolks of 4 eggs | 28 marshmallows |
| 1 lemon | 1 cup white cherries |
| $\frac{1}{4}$ cup milk | 1 can pineapple |
| $\frac{1}{4}$ pound blanched almonds | |

Cook together the yolks of eggs, juice of one lemon and $\frac{1}{4}$ cup of milk in double boiler until thick. Add marshmallows and when cool fold in cream that has been whipped and add almonds, cherries and pineapple. Let stand in ice box twenty-four hours. Serve with pineapple dressing.

Mrs. HERALD WHITE.

CARDINAL SALAD

- | | |
|-----------------------------------|----------------------------------|
| 1 package lemon jello | 1 tablespoon horseradish |
| $1\frac{3}{4}$ cups boiling water | $\frac{3}{4}$ cup celery (diced) |
| 3 tablespoons vinegar | 1 cup cooked beets or beet |
| $\frac{1}{2}$ teaspoon salt | pickles diced |
| 2 teaspoons onion (grated) | |

Dissolve jello in boiling water. Add vinegar salt, onion, and horseradish. Chill. When slightly thickened fold in celery and beets. Turn into molds. Chill until firm. Serve on crisp lettuce leaves. Garnish with mayonnaise.

Mrs. H. W. TITUS.

COTTAGE CHEESE SALAD

- | | |
|---------------------------|-------------------------------|
| 1 pint cottage cheese | 1 tablespoon mayonnaise |
| 4 slices pineapple cut up | 1 envelope gelatine soaked in |
| ½ cup pineapple juice | a little cold water |
| juice of 1 lemon | salt and paprika to taste |
| 1/3 cup whipping cream | |
| (whipped) | |

Heat pineapple juice and lemon juice to boiling point. Pour over gelatine, add to the rest of ingredients and put in mold.

MRS. WILL MOXLEY.

CUCUMBER AND PINEAPPLE SALAD

- | | |
|---------------------------|--------------------------|
| 1 package lemon Jell-O | 1 clove of garlic |
| 1 pint less 2 tablespoons | 1 can shredded pineapple |
| boiling water | 1 pimento, diced |
| 2 tablespoons vinegar | 1 cucumber, diced |
| salt | |

Dissolve Jell-O in boiling water. Add vinegar, salt, and clove of garlic. When this begins to harden, remove garlic and add pineapple, pimento and cucumber. Pour into moulds. Serves 7

MRS. G. E. LEHMAN.

MINT GELATIN SALAD

- | | |
|--------------------------|-------------------------------|
| 2 packages mint Jell-O | ½ pound cut-up marshmallows |
| 2 pints boiling water | ½ large can sliced pineapple, |
| ½ pound blanched almonds | diced |

Dissolve Jell-O in boiling water, and when it begins to thicken add other ingredients. Serve with mayonnaise, thinned with whipped cream.

MRS. JAMES KING.

MINT JELL-O SALAD

One package Royal Mint Jell-O dissolved as usual, and add diced celery, sliced pears and blanched almonds. Garnish with emeraldettes or rubyettes and you have a particularly good flavor.

MRS. LYNN MCCREADY.

PINEAPPLE JELL-O SALAD

- | | |
|--------------------------|------------------------------|
| dissolve 1 package lemon | 1 cup cottage cheese |
| Jell-O in | 1 small can grated pineapple |
| ½ pint boiling water | 1 small can chopped pimentos |
| when cool add | ½ cup blanched almonds |

When ready to set add one-half pint cream whipped.

MRS. ANDREW RAPP.

CHICKEN SALAD EN JELL.O

- | | |
|-------------------------------|--|
| 1 envelope Knox gelatine | $\frac{1}{4}$ cup stuffed olives, chopped |
| $\frac{1}{2}$ cup cold water | $\frac{1}{2}$ teaspoon salt |
| 2 cups cold chicken, diced | $\frac{1}{4}$ teaspoon paprika |
| 1 cup diced celery | 2 tablespoons mild vinegar |
| 1 small green pepper, chopped | $1\frac{1}{2}$ cups cooked salad dressing. |

Dissolve gelatin in cold water and add to salad dressing while hot. Set aside to cool; when cool add other ingredients and mold.

(Cooked Salad Dressing)

- | | |
|------------------|--------------------------|
| 1 cup sugar | 1 teaspoon corn starch |
| 1 cup sweet milk | 1 teaspoon mustard |
| 1 cup sour milk | salt and pepper to taste |
| 1 cup vinegar | MRS. R. D. DICKINSON. |
| 2 eggs | |

GINGER ALE SALAD

Pour half a cup of boiling water over 1 package of lemon Jell-O and add $1\frac{1}{2}$ cups ginger ale (Canada Dry). Place section of grape fruit and blanched almonds cut in small pieces in a mold and pour the liquid mixture over it. Serves 8.

MRS. HERALD WHITE.

MOLDED ORANGE AND CHEESE SALAD

- | | |
|------------------------------|------------------------|
| 2 cups strained orange juice | 1 package cream cheese |
| 2 packages lemon Jell-O | chopped nuts |

Dissolve gelatine in two cups boiling water. Add orange juice and fill small molds half full of mixture. Allow to set until slightly stiff. Soften cream cheese and form into small balls. Dip balls in chopped nuts and place one in each mold. Add a little more gelatine mixture and allow to harden. Unmold on crisp lettuce leaves and serve with salad dressing combined with whipped cream. Sprinkle chopped fresh fruit over top such as oranges, bananas or pineapple.

MRS. H. W. TITUS.

KRAFT'S PEPPER-CHEESE SALAD

- | | |
|--|-----------------|
| $\frac{1}{4}$ pound Kraft pimento cheese | green peppers |
| 5 tablespoons cream | lettuce |
| 1 teaspoon gelatine | salt and pepper |
| 1 tablespoon cold water | |

Soften gelatine in cold water and dissolve over hotwater. Add cheese which has been rubbed through grater and made smooth and soft with cream. Stuff peppers with mixture and place on ice. When very cold slice in thin rings and arrange rings on piece of crisp lettuce. Serve with French dressing.

MRS. GAVIN DYOTT.

PINEAPPLE AND CHEESE SALAD

- | | |
|---------------------------------|---------------------------------|
| 1 level tablespoon gelatine | 1 scant tablespoon sugar |
| $\frac{1}{4}$ cup cold water | juice of $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ cup boiling water | few grains of salt |
| $\frac{2}{3}$ cup grated cheese | $\frac{1}{2}$ cup cream whipped |
| 1 cup crushed canned pineapple | |

Soak gelatine in cold water five minutes. Dissolve in the boiling water. Add sugar, salt and pineapple. When it begins to thicken beat in the whipped cream and cheese. Turn into wet moulds. Serve on lettuce leaf with mayonnaise.

AMY DUNN.

JELLIED PICKLE APPETIZERS

- | | |
|--------------------------------|----------------------------|
| 2 tablespoons gelatine | 1 teaspoon lemon juice |
| $\frac{1}{2}$ cup pickle juice | 1 six ounce bottle Libby's |
| 1 cup boiling water | sweet mixed pickles |
| 2 hard cooked eggs | |

Soften gelatine in pickle juice and dissolve in boiling water. Rinse small muffin tins or molds with cold water and place slice of hard cooked egg in bottom of each. Add lemon juice to gelatine mixture and pour into molds. Cut pickles into small sections and add when gelatine begins to thicken. When set unmold on lettuce, top with mayonnaise and sprinkle with paprika.

MRS. H. W. TITUS.

JELLIED TOMATO SALAD

- | | |
|----------------------------|--------------------------|
| 1 medium can tomato juice, | 2 tablespoons cold water |
| (6 ounce) | 1 can asparagus tips |
| 1 teaspoon salt | 1 cup chopped celery |
| 1 tablespoon gelatine | |

Heat tomato juice. Season. Moisten gelatine in cold water and dissolve in hot tomato juice. Line mold with asparagus tips and add chopped celery. Pour tomato juice over vegetables and set aside to cool. Cut into squares and serve on lettuce leaf with mayonnaise.

MRS. H. W. TITUS.

SWEET BREADS AND CUCUMBER SALAD

- | | |
|---------------------|---------------------|
| 2 cups sweet breads | 1 teaspoon gelatine |
| 2 cups cucumbers | mayonnaise |

Mix sweet breads and cucumbers, cut in small pieces, add mayonnaise. Add gelatine which has been dissolved in water. Press into molds, chill, and remove from molds and serve on nests of lettuce. Garnish with mayonnaise and chopped parsley.

MRS. G. E. LEHMAN.

TOMATO DELIGHT

Take six peeled tomatoes, scoop out centers and insert $\frac{1}{4}$ of a white paper napkin in center to absorb moisture and turn upside down in refrigerator for twelve hours. Mix one three ounce cream cheese with a bit of cream until smooth, then line tomato with the cheese. Combine 3 hard boiled eggs chopped fine, $\frac{1}{2}$ cucumber, $\frac{1}{2}$ green pepper and $\frac{1}{4}$ small onion put through the food chopper. Add 2 tablespoons tartar sauce, 1 teaspoon salt, 6 burr gherkins, run through the food chopper, 2 tablespoons gelatine soaked in cold water, and dissolved in $\frac{1}{4}$ cup boiling gherkin vinegar. Let this mixture thicken a little, then fill tomatoes. Put back in refrigerator for twelve hours. When ready to serve, cut in slices and place on lettuce leaves and garnish with mayonnaise. Serves 6 or 8.

MRS. CURTIS HARRIS.

SALAD UNIQUE

sliced avocado hearts of artichokes sliced grapefruit
Place on lettuce leaf and serve with French dressing.

MRS. EDWARD W. KELLEY.

HEART OF ARTICHOKE AND CAVIAR SALAD

Fill one heart of artichoke with Philadelphia cream cheese; cover thinly with caviar; cover with mayonnaise. Garnish with slice of stuffed olive. Serve on lettuce leaf. MRS. EDWARD W. KELLEY.

SWEET BREAD SALAD

Boil sweetbreads about $\frac{1}{2}$ hour in salted water to which a little lemon juice has been added. Remove particles of skin and separate.

Mix with shredded lettuce, diced cucumber, celery and tomatoes if desired. Fold in mayonnaise. MRS. JAMES BAKER.

HOT CRAB SALAD

1 can crab	$\frac{1}{2}$ pound almonds, cut up
$\frac{1}{2}$ small can tiny peas	small jar stuffed olives,
$\frac{1}{2}$ can tiny lima beans	cut up
3 hard boiled eggs	

Mix with the following cream sauce:

2 tablespoons butter	2 tablespoons flour
2 cups milk	salt and pepper

Put in buttered pan, cover with heated and buttered toast crumbs. Put pan in a vessel of boiling water and bake 30 minutes. Serve hot on lettuce leaf with mayonnaise. MRS. CARLTON SPENCER.

STUFFED PEPPER SALAD

3 medium sized green peppers	$\frac{1}{4}$ cup chopped olives
1 small cream cheese	light cream
$\frac{1}{4}$ cupful grated American cheese	salt
	paprika

Remove tops and seeds from peppers and parboil five minutes in salted water, then chill. Mix together cheese and olives, moisten with cream and season to taste. Pack into peppers, chill well, slice and serve on lettuce with mayonnaise. MRS. ROBERT BETTS.

BOILED SALAD DRESSING

4 tablespoons sugar	$\frac{1}{2}$ teaspoon salt
1 tablespoon flour	$\frac{1}{4}$ teaspoon mustard

Mix well together and add 1 well-beaten egg. Then add $\frac{3}{4}$ cup of milk or cream. To this add slowly $\frac{1}{2}$ cup vinegar (or half water). Cook in boiler over hot water until thick.

MRS. CARL G. WASHBURNE.

BOILED DRESSING

$\frac{1}{2}$ tablespoon salt	$\frac{1}{2}$ tablespoon flour
1 teaspoon mustard	yolks of 2 eggs
$1\frac{1}{2}$ tablespoons sugar	$\frac{3}{4}$ cup milk
$1\frac{1}{2}$ tablespoons melted butter	$\frac{1}{4}$ cup vinegar

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk and vinegar very slowly. Cook over boiling water until mixture thickens. Strain and cool. Excellent dressing for potato salad.

MRS. WALTER HUMMEL.

CUCUMBER DRESSING

1 cup cream whipped 1 teaspoon salt
Add one cucumber peeled, chopped and drained.

MRS. JOHN JAY ROGERS.

COLD SLAW DRESSING

1 egg beaten till light $\frac{1}{4}$ cup vinegar
3 heaping tablespoons sugar $1\frac{1}{2}$ teaspoons salt
Cook until thick. Add about $\frac{3}{4}$ cup of cream

MRS. F. McTAGGART.

CELERY SEED DRESSING FOR FRUIT SALAD

$\frac{2}{3}$ cup sugar 1 teaspoon salt
1 cup oil 1 tablespoon tarragon
2 tablespoons grated onion vinegar
 $\frac{1}{4}$ cup vinegar 3 tablespoons lemon juice
1 teaspoon mustard $\frac{1}{2}$ cup celery seed

Beat all ingredients, except the acids, and celery seed, for ten minutes. Add the vinegar slowly, and continue beating. Lastly add celery seed, just before serving. This is a good dressing for pear or peach and cheese salad.

MRS. ARTHUR ROGERS.

FRENCH DRESSING VARIATION

Place following in quart jar in order named:

1 can of tomato soup 1 tablespoon of Worchester-
 $\frac{3}{4}$ cup of vinegar shire sauce
 $\frac{1}{2}$ cup of Wesson oil 3 tablespoons of grated onion.
 $\frac{1}{4}$ cup of sugar Mix following in bowl:
1 teaspoon of paprika 1 teaspoon salt

1 scant teaspoon of dry mustard

Stir mixture in bowl well and add to the mixture in the jar. Seal jar well and shake considerably before serving. Especially nice for vegetable salads.

MRS. EDWARD W. KELLY.

FRENCH DRESSING AND VARIATIONS

1 teaspoon powdered sugar 2 tablespoons vinegar
 $\frac{3}{4}$ teaspoon salt 2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon French mustard few grains cayenne or dash
 $\frac{1}{2}$ cup oil tobasco sauce
 $\frac{1}{2}$ teaspoon paprika

Beat the dry ingredients with the acids, add the oil, beating vigorously until thick. It is much easier to emulsify the ingredients if they are put into a bottle with a wide neck, or a dressing bottle, and shaken vigorously; shaking again before using.

Roquefort Dressing—French dressing above and 4 tablespoons Roquefort cheese.

Horseradish Dressing—2 tablespoons horseradish and $\frac{1}{2}$ cup cream, whipped, added to the French dressing.

Chutney Dressing— $\frac{1}{4}$ cup finely ground chutney, added to the French dressing. MRS. ARTHUR ROGERS.

FRENCH DRESSING

1 tablespoon vinegar	2 teaspoons salt
2 tablespoons olive oil	small quantity white
pinch of dry mustard	pepper
2 dashes Tabasco sauce	3 or 4 dashes paprika

Stir until salt has dissolved. CAPT. INMAN, Hotel Portland.

FRENCH DRESSING

$\frac{1}{3}$ cup sugar	1 tablespoon lemon juice
$\frac{1}{2}$ cup oil	$\frac{1}{4}$ cup vinegar
$\frac{1}{4}$ cup tomato catsup	1 clove garlic chopped fine
1 teaspoon salt	1 tablespoon onion chopped
1 teaspoon paprika	fine

MRS. ARTHUR MORRIS.

FRENCH DRESSING FOR HEAD LETTUCE

4 tablespoons sugar with paprika to cover	4 tablespoons oil
4 tablespoons tarragon vinegar	

Mix thoroughly with Dover beater then add 2 tablespoons lemon juice, 4 tablespoons catsup

MRS. W. T. GORDON.

FRENCH DRESSING

$\frac{1}{2}$ cup sugar	(dry or wet)
$\frac{1}{8}$ cup salt	1 cup vinegar (mild)
2 tablespoons paprika	oil to make thick consist-
$\frac{1}{4}$ tablespoon mustard	ency of mayonnaise

Mix dry ingredients, add a little vinegar then a little oil alternately beating hard. Should have a thick smooth texture when finished.

MISS ELMA HENDRICKS.

FRUIT SALAD DRESSING

$\frac{1}{2}$ cup pineapple juice	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup lemon juice	1 tablespoon flour
2 eggs	

Add eggs, sugar and flour to hot juices. Cook in double boiler until thick. When cool thin with whipped cream.

MISS IRENE APPLEGATE.

FRUIT SALAD DRESSING

1 cup pineapple juice	2 egg yolks or one whole egg
juice of $\frac{1}{2}$ lemon	2 tablespoons flour
$\frac{1}{2}$ cup sugar	

Beat eggs lightly, add sugar, flour and slowly stir into liquid. Stir until perfectly smooth, then cook, stirring constantly until thick. Cover while warm to prevent crust forming. Add whipped cream when ready to serve. Peach, pear or grape juice may be substituted for part of pineapple juice.

MRS. ARTHUR MORRIS.

MAYONNAISE DRESSING

$\frac{1}{8}$ teaspoon paprika	1 tablespoon lemon juice
$\frac{1}{4}$ teaspoon salt	1 tablespoon vinegar
yolk 1 egg	$\frac{1}{2}$ teaspoon dry mustard
1 cup oil	

Mix salt and pepper, add yolk of egg and beat until thickened a little; add lemon juice and vinegar gradually. Use a Dover egg beater and beat in the oil, a teaspoonful at a time. After a time the oil may be added by the tablespoonful. Beat thoroughly after each addition of oil, as also during the time the oil is being taken up by the mixture.

To this basic mayonnaise you may add chili sauce, olives and pickles to make Thousand Island dressing or a sweet dressing for fruit salads with the addition of 2 tablespoons powdered sugar, one-half cup cream whipped and a few drops of orange juice. MRS. W. A. HUMMEL

MINERAL OIL MAYONNAISE

1 pint of mineral oil	$\frac{1}{2}$ teaspoon of salt
(Squibbs)	juice of one lemon
2 yolks of eggs	

Beat yolks until stiff; add oil very slowly, alternating with lemon juice and beating constantly. Mix in salt. If too thick this may be thinned with more lemon juice. MRS. EDWARD W. KELLY.

NORMANDY DRESSING (For Head Lettuce or Fruit Salads)

Mash a small cream cheese very smooth with 2 tablespoons cream and 1 tablespoon lemon juice. Beat until almost liquid, then season to taste with salt white pepper and paprika, and lastly whip in enough currant jelly to make a distinctly red tint. Chill, and just before serving fold in $\frac{3}{4}$ to a cup of stiffly beaten cream.

MRS. LYNN MCCREADY.

ROQUEFORT CHEESE DRESSING

$\frac{1}{4}$ pound Roquefort cheese	$\frac{1}{4}$ cup of sliced stuffed olives
juice of 1 small lemon	dash of paprika
$\frac{1}{2}$ teaspoon celery salt	dash of cayenne
1 tablespoon vinegar	1 pint of salad oil

Break Roquefort cheese in small pieces in bowl or jar, add other ingredients and mix well with salad oil. A little powdered sugar may be added if this is too sharp or sour for your taste.

MRS. WEIR McDONALD.

THOUSAND ISLAND DRESSING

1 pint of mayonnaise	$\frac{1}{4}$ cup of sliced stuffed olives
2 tablespoons of chili sauce	$\frac{1}{4}$ cup of diced ripe olives
3 tablespoons of India relish	
$\frac{1}{4}$ cup of American cream	
cheese cut in small cubes	

Mix well and serve on hearts of lettuce or it is a very tasty dressing with crab louie.

MRS. WEIR McDONALD.

RUSSIAN SALAD DRESSING

1 clove garlic and 1 small onion grated	1 cup Wesson oil
1/3 cup sugar	1 tablespoon Worcestershire
1/3 cup catsup	few drops tabasco
1/3 cup mild vinegar	salt and pepper

Beat until thick. Keeps indefinitely. Good with head lettuce, grape
fruit and crab salads. MRS. EARL IMMEL.

SANDWICHES

For the best results, use bread that is of fine texture and moist. Several hours before bread is to be used, cut off entire crust, wrap in a damp napkin and keep in the icebox. It will then cut into very thin slices and be easier to handle. An easy and economical way is to slice the loaf lengthwise and spread with the filling and then cut into various shapes. If there is not time for this treatment of the bread, use bread of a fine texture, 24 hours old, and with a sharp knife remove the crust from the end of the loaf, and always spread the end of the loaf before cutting. Mustard butter, made by creaming 2 tablespoons of good prepared mustard with $\frac{1}{2}$ cup of butter, may be used for many kinds of sandwiches, instead of plain butter. Some types of sandwiches require mayonnaise, but fillings for toasted sandwiches require a good cooked dressing as mayonnaise "breaks down" in toasting.

TOMATO SANDWICH

Spread thin squares of bread with mustard butter, place a thin slice of tomato on half of them, and a thin slice of well-seasoned cold tongue on the remaining half, put together; wrap in damp cheesecloth and put in the icebox until ready to use.

MRS. ARTHUR A. ROGERS.

HOT CHICKEN SANDWICHES FOR TEA

Use any good recipe for chicken salad, but cut everything very fine. Make baking powder biscuits. When done remove from oven, break open, butter and into each one put a spoon of chicken salad. Serve at once, or they may be returned to the oven for just a minute to be kept hot.

MRS. WILL MOXLEY.

SANDWICH FILLING

1 can shrimps
1 onion

1 green pepper

Put all ingredients through food-grinder and blend with mayonnaise until right consistency to spread.

MRS. HARRY KUNDRET, Portland.

SANDWICH FILLING

$\frac{1}{2}$ pound liverwurst
Blend ingredients with mayonnaise until right consistency to spread.

2 tablespoons horse-radish

MRS. JANE CAMPBELL KROHN.

SHRIMP SANDWICHES

Mix finely shredded shrimp with chopped celery, onion juice and mayonnaise. Lemon to taste.

MRS. JAMES H. BAKER.

CHICKEN SANDWICHES

Grind the chicken and moisten with part of the broth. Add finely chopped celery and mayonnaise; season with salt and lemon juice.

MRS. JAMES H. BAKER.

LEMON-BUTTER SANDWICH FILLING

1 cup sugar 3 eggs butter size $\frac{1}{2}$ egg

Juice and grated rind of one large lemon.

Beat egg until very light, add sugar, lemon juice and rind. Cook in double boiler, stirring until thickened. Will keep indefinitely. This is particularly good with rye bread.

MRS. EDGAR E. MARTIN.

STUFFED OLIVE SANDWICH

1 large bottle stuffed olives

$\frac{1}{2}$ pound bacon

1 cup mayonnaise

1 tablespoon chili sauce

Fry bacon until crisp and put through meat grinder, with olives. Add the other ingredients. Garnish with sliced stuffed olives.

MRS. GROVER CORDZ.

TEA SANDWICHES SUPREME

• 1 tablespoon finely chopped almonds $\frac{1}{2}$ pound Roquefort cheese

Blend smoothly with 2 tablespoons mayonnaise, and add a few drops of Worcestershire, if desired. Use on graham bread, as filling or on open-face sandwiches.

MRS. LYNN S. MCCREADY.

EGG AND ANCHOVY SANDWICH

Spread one slice of bread with anchovy paste, and the other with an egg mixture of hard-cooked egg, mashed and seasoned with salt, lemon juice, mayonnaise and a little onion juice if desired. Put the two slices together and cut in any shape desired.

MRS. JAMES H. BAKER.

DAINTY TEA SANDWICH

Spread thin small rounds of white bread with creamed butter; in the center put about $\frac{1}{2}$ teaspoon of orange or grapefruit marmalade. Pipe around the edges, with Philadelphia cream cheese which has been creamed with 2 tablespoons of whipped cream; keep in a cool place.

MRS. ARTHUR A. ROGERS.

GINGER—CREAM SANDWICH

Whip $\frac{1}{2}$ cup of cream stiff. Add enough powdered sugar to sweeten, $\frac{1}{2}$ cup of ground candied ginger. Spread generously on buttered bread and garnish with a half pecan nut, or ground nut meats may be added to the mixture.

MRS. BELDEN BABB.

OTHER DELICIOUS FILLINGS FOR PLAIN OR OPEN-FACE SANDWICHES

1—To chopped cucumbers, add a little grated onion, or chopped chives, chopped parsley, and mayonnaise to hold it together. Make into sandwiches just before serving.

2—Currant jam, cream cheese and ground nuts. May use other jams.

3—Boston brown bread with cream cheese and horseradish; cover with another buttered slice.

4—Put chopped shrimps and hard-cooked eggs together with mayonnaise.

MRS. ARTHUR A. ROGERS.

ROLLED SANDWICHES

These are attractive for tea or reception. The day before, cut entire crust from loaf of bread and wrap in a damp napkin, put in the icebox. Slice loaf lengthwise very thin; spread each slice with desired filling. Roll each long slice up lengthwise and wrap in the napkin again. Place in the icebox and just before serving, slice in thin rounds. To carry out color schemes, color the butter any desired shade and season with chopped parsley, chives, creamed cheese or mustard. For a sweet sandwich, flavor with ground candied orange peel or ginger and a little powdered sugar.

ROLLED ASPARAGUS SANDWICHES

Spread thin small squares of bread with creamed butter. Drain canned asparagus tips and roll one in each square of bread, being careful that the bread is only wide enough to inclose the tips. These sandwiches must be placed in the icebox to harden the butter, until used.

MRS. ARTHUR ROGERS.

TOASTED CHICKEN SANDWICHES

1 cup cold chicken
 ½ cup thick white sauce
 1 tablespoon chopped red
 pepper
 ½ teaspoon grated onion

¼ cup mushrooms
 1 tablespoon butter
 1 teaspoon parsley, minced
 ½ teaspoon salt, pepper and
 paprika

Mince the chicken, saute the mushrooms in the butter and chop. Mix all the ingredients together and spread on slices of white bread, cover, press, and place on rack in broiler; brush the top with melted butter, toast to a golden brown, turn sandwiches, brush with butter and toast this side. Another way is to scoop the inside from small rolls, butter and toast in the oven. Spread with the filling, return to the oven, serve piping hot. One can put the lids on, wrap in waxed paper and reheat them over the picnic camp fire. MRS. ARTHUR A. ROGERS.

BEEFSTEAK SANDWICHES

¾ pound roundsteak
 2 tablespoons green pepper
 ½ small onion

salt, pepper
 ½ can tomato soup

Grind steak, peppers, onion and fry to a nice brown. Add the soup and spread on slices of bread, cover, proceed with the toasting as in the above recipe. These sandwiches are splendid for picnic camp fires.

TOASTED CHEESE SANDWICH

4 tablespoons butter	1 cream cheese
$\frac{1}{4}$ teaspoon celery salt	$\frac{1}{4}$ teaspoon salt
2 tablespoons cooked dressing	paprika

Cream the butter well, then add the cheese and cream, add the seasonings, and mix. Spread on slices of bread, cut each one into 4 bars, place on cookie sheet and brown in a 350 degree oven.

MRS. BELDEN BABB.

BACON AND CHEESE SANDWICH, (open-face)

2 eggs	$\frac{1}{2}$ pound bacon
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ teaspoon catsup
$\frac{1}{2}$ pound cheese	$\frac{1}{4}$ teaspoon paprika

Beat eggs until light, add the grated cheese, then the other ingredients and mix well. Spread on slices of bread, have the bacon sliced the thinnest possible, put strips of it on the cheese mixture and bake about eight minutes in a hot oven until nicely browned.

MRS. ARTHUR A. ROGERS.

SOUPS

The art of soup making is most versatile and easily mastered. A dinner is often begun with a clear soup, the soup acting more as a stimulant than a nutrient. The cream soups and purees are so nutritious that they form the piece de resistance of a meal.

A BASIC RECIPE FOR BROWN SOUP STOCK

4 lbs. shin of beef	1 tablespoon salt
3 quarts cold water	$\frac{1}{2}$ cup diced carrots
$\frac{1}{2}$ teaspoon peppercorns	$\frac{1}{2}$ cup diced turnip
4 cloves	$\frac{1}{2}$ cup diced celery
2 sprigs parsley	1 bay leaf

Method: Wipe meat and cut about half the meat from the bone into small cubes. Brown lightly in a hot skillet; meanwhile put the bone which has been cracked in several places, into the soup kettle, add the water and let stand for thirty minutes. Add the browned meat and let stand an hour, that the cold water may draw out the juices. Heat gradually to the boiling point and remove scum as it arises. Simmer slowly for four hours; add the vegetables and seasonings, and cook one and one-half hour longer. Strain, remove the fat and use as a consomme or basis for other soups. Soup stock may be cleared by adding the white of an egg and the crushed shell to each quart of stock, bring to the boil, boil two minutes, remove from heat, cool it, skim, and strain through cheese cloth.

MRS. ARTHUR A. ROGERS.

SOUP STOCK

2 lb. piece brisket of beef	1 can tomatoes
1 large carrot	1 large onion
1 turnip	2 or 3 stalks celery

Dice vegetables, add to meat, and cover all with water. Boil $1\frac{1}{2}$ hour. Add the tomatoes and boil $1\frac{1}{2}$ hours longer. Strain and remove fat. Add chopped parsley for Boullion; add rice, barley or bread dumpings for soup.

MRS. DAVID GRAHAM.

BREAD DUMPLINGS FOR SOUP

1 cup soft bread crumbs	4 tablespoons butter
2 tablespoons onion, diced	1 egg
$\frac{1}{2}$ teaspoon salt	3 tablespoons cracker crumbs
chopped parsley	

Soak bread in cold water, squeeze dry; put 2 tablespoons of the butter in a skillet, add the diced onion and saute gently; add the remaining butter and the bread and mix and cook until all the fat is absorbed. Remove from the fire and add the beaten egg, salt, parsley, and the cracker crumbs. Let cool and roll into small balls and allow to dry. Drop into the soup stock just before serving; as soon as they rise to the top, they are ready for serving.

MRS. DAVID GRAHAM.

VELVET SOUP

1 quart any good white soup stock	1 ½ cup cream salt and pepper to taste
4 egg yolks	

Use any white stock made with chicken, lamb shanks, or veal soup bone in the usual way; heat the stock and 1 cup of the cream; beat the egg yolks, dilute with the ½ cup of cream and pour the hot stock mixture on them; reheat and serve at once in soup cups.

MRS. ARTHUR A. ROGERS.

FOREMEAT BALLS FOR PLAIN SOUP STOCK

½ lb. veal or chicken ground fine	Salt, pepper and nutmeg to taste 2 ounces bread
2 ounces butter	2 egg yolks

Soak the bread in a little milk or water, squeeze dry in a clean cloth; add the butter, melted, the beaten yolks and seasonings; put through a coarse sieve and add the meat mixing well. Form into almond shape balls between two teaspoons. Drop into stock that is simmering, only, and cook about ten minutes.

MRS. A. A. ROGERS

OYSTER SOUP

1 quart oysters	1 cup water
1 quart milk	6 tablespoons butter
1 teaspoon salt	2 tablespoons flour
½ teaspoon celery salt, optional	white pepper

Put the oysters into a bowl, add the water; take out each oyster with the fingers to make sure no shell adheres to it and drain through cheesecloth in a colander. Remove oysters and strain the liquor through the same colander. Prepare the foundation sauce, meanwhile, using milk, butter and remaining ingredients; melt the butter, add flour, salt and pepper, sifted together; stir till smooth, add the milk gradually, stirring constantly, and cook till thick or about ten minutes over a slow heat. Put the oyster liquor on to boil, skim well, add oysters and simmer till they grow plump and begin to curl on the edges. Add to the foundation and serve with soda crackers which have been buttered and browned in the oven.

MRS. A. A. ROGERS

ALMOND CREAM SOUP

1 chicken	1 cup almonds
5 pints water	2 cups fine bread crumbs
1-3 cup celery	1 tablespoon onion
½ bay leaf	2 cloves
spring parsley	1 teaspoon salt (scant)
3 cups cream	1 tablespoon butter
	1 tablespoon flour

Clean and disjoint chicken, put in a kettle with the cold water and simmer three hours. Strain the stock and set aside to chill. Remove fat

and put one cup of white meat through the food chopper; blanch one cup almonds and put through chopper and set them aside. Add all except the cream, butter and flour to the stock and simmer one hour; rub through a sieve; return it to the fire; add the chicken, almonds and the cream. Add more seasoning if necessary and at last the butter and flour rubbed to a paste. A delicious soup and it well repays the time to make it.

MRS. W. W. CALKINS.

ONION SOUP

- | | |
|----------------------|--|
| 1 veal shank | $\frac{1}{8}$ teaspoon pepper |
| water | Round of toast |
| 5 onions | 1 cup grated cheese (Parmesan preferred) |
| 2 tablespoons butter | |
| 1 teaspoon salt | |

Wash veal shank and cover with cold water. Bring to a boil and skim. Simmer until you have a rich stock. Strain and clear. Peel the onions and cut in long pieces. Fry until a delicate brown in the butter. Drain carefully. Measure the stock and add enough water to make four or five cups. Season. Pour over the onions and simmer until they are tender, about twenty-five minutes. Toast rounds of dry bread. Arrange two rounds on each soup plate. Pour in soup and sprinkle generously with cheese. Serve at once.

MRS. HERMAN H. HOBI.

CABBAGE SOUP

- | | |
|----------------------------|----------------------|
| 3 cups chopped cabbage | 1 pint milk |
| 5 cups veal or beef stock | salt and pepper |
| 2 tablespoons minced onion | 3 tablespoons butter |
| 1 stalk celery | 2 tablespoons flour |
| 1 teaspoon sugar | bit of bay leaf |

Stew the cabbage for 10 minutes. Melt the butter; add bay leaf onion and celery, chopped. Cook slowly for ten minutes; then remove the "bay;" add the flour and stock, the cabbage and sugar, then turn in the milk, and season to taste with salt and pepper.

Serve with cornmeal dumplings, which call for the following:

- | | |
|----------------------------|--------------------------|
| $\frac{3}{4}$ cup cornmeal | 1 teaspoon baking powder |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | 1 egg |

Mix the dry ingredients, stir in the milk and egg, well beaten, and drop by spoonfuls into soup. Cover well and cook for 15 minutes. If the mixture seems too thick, add a little extra milk.

MRS. FRANK JENKINS.

CREAM OF MUSHROOM SOUP

- | | |
|---|-------------------------------|
| $\frac{1}{2}$ lb. of fresh mushrooms or | $\frac{1}{2}$ small onion |
| 1 can | 4 tablespoons flour |
| 3 cups veal stock | 1 teaspoon salt |
| 4 tablespoons butter | $\frac{1}{4}$ teaspoon pepper |
| 2 cups milk | $\frac{1}{2}$ cup cream |

Peel mushrooms and chop. Add to broth with the onion (chopped). Simmer $\frac{1}{2}$ hour, rub through sieve. Make a sauce by melting butter

and stirring in the flour and seasoning until smooth, adding milk slowly, stirring until thick. Combine mixtures, add the cream and serve. Garnish with a slice of lemon in each dish. This serves 6 or 7 portions.

MRS. ARTHUR A. ROGERS.

CREME DE MAIS SOUP

4 tablespoons corn	1 teaspoon grated onion
2 teaspoons butter	2 egg yolks
1 glass of cream	1 quart of milk

Salt and pepper to taste

Heat milk and cream in double boiler, add corn, butter, then egg yolks. Garnish with whipped cream and paprika.

MRS. DAVID AULD.

VEGETABLE-CHEESE SOUP

4 cups stock or Campbell's	4 tablespoons butter
Boullion	4 tablespoons flour
4 tablespoons chopped carrots	2 cups milk
2 tablespoons chopped onion	½ cup grated cheese
Salt, dash of mace	

Cook vegetables in half of the butter a few minutes; add stock and cook 15 minutes. Make a white sauce with the rest of the butter, flour and milk. Mix both parts and stir in the cheese, just before serving.

MRS. DAVID GRAHAM.

ONION SOUP

1 quart milk	6 large onions
4 egg yolks	3 tablespoons butter
1 tablespoon flour (heaping)	1 cup cream

Salt and pepper to taste

Melt the butter in a pan, add sliced onions and stir till they begin to cook. Cover tight and set aside to simmer for half an hour. Boil the milk, add the flour to the onions and stir three minutes. Turn mixture into the hot milk and cook fifteen minutes. Rub through strainer add salt and pepper. Beat the yolks of eggs, add the cream and stir this into the soup; cook three minutes, stirring constantly. Serve with fried croutons.

MRS. CHARLES HARDY.

VEGETABLES

BAKED ASPARAGUS

- | | |
|-------------------------|---------------------|
| 1 bunch fresh asparagus | 1/3 teaspoon pepper |
| 1½ cups milk | 1 teaspoon salt |
| 2 tablespoons butter | 4 hard-cooked eggs |
| 2 tablespoons flour | |

Cook asparagus until tender. Drain and cut in one inch pieces. Make a white sauce of butter, flour, milk and seasonings. Put a layer of asparagus in bottom of casserole; add sauce and hard-cooked eggs chopped. Repeat until dish is filled. Sprinkle with dried buttered crumbs mixed with grated cheese. Bake in moderate oven about twenty minutes.

MRS. E. A. HIGGINS.

VEGETABLE CHOWDER

- | | |
|-------------------------|-------------------------|
| 1/3 cup salt pork diced | 1 celery stalk diced |
| 1 cup carrots diced | 1 large onion cut up |
| ½ cup turnips diced | green pepper as desired |
| 2 cups potatoes diced | |

Fry pork done but not brown in kettle. Add vegetables and water enough to stew comfortably. Just before serving add 2 cups hot milk.

MRS. A. C. DIXON.

CHILI BEANS

- | | |
|------------------------|-----------------------------|
| 2 cups red beans | 1 teaspoon chili powder |
| 1 onion | 1 tablespoon Worcestershire |
| 1 clove of garlic | sauce |
| 1 tablespoon olive oil | 1 pint tomatoes |
| ½ pound round steak | |

Soak beans overnight in water. Pour off water, cover with fresh water and cook until tender but not soft. Brown the onion and garlic in the olive oil, add the steak which has been chopped and browned well. Add chili powder, Worcestershire sauce, tomatoes and beans. Cook over very slow fire one hour or more. The flavor is improved by letting this stand and re-heating.

MRS. GEORGE SCHAEFERS.

BAKED BEANS

Four large cups of white navy beans soaked over night.

Cover over with boiling water in the morning. As soon as they boil put in one tablespoon baking soda. Boil fifteen minutes and strain off water. Cover again with boiling water and add 1½ tablespoons of salt pork or two tablespoons pork. If fresh pork is used add salt—half small cup—if salted pork is used do not put in salt.

Cook or bake all day over slow fire.

About an hour before finished baking add half bottle catsup. Keep adding water as they boil down.

MRS. W. F. JEWETT.

LIMA BEAN CASSEROLE

2 cups cooked lima beans	1 cup grated cheese
1 chopped onion	1 cup white sauce
2 tablespoons chopped pimentoes	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Place in buttered casserole and bake in moderate oven (360 degrees) about thirty minutes.

MRS. H. W. TITUS.

STRING BEANS AU GRATIN

Cook the quantity of beans desired. Make sufficient amount of white sauce. Put in a layer of beans in an oiled baking dish and one-half of the white sauce. Sprinkle with grated cheese; add another layer of beans, then the remaining white sauce and finish with grated cheese.

Place in the oven and brown slightly.

MRS. DAVID AULD.

SWEET AND SOUR STRING BEANS (German Style)

2 pounds beans cut lengthwise. Put in kettle with piece of fat meat and water enough to cover well. Add one-half cup of vinegar, pinch salt and a little chopped onion.

When beans are soft, add 3 tablespoons brown sugar.

Brown one large tablespoon of flour in one tablespoon of melted fat. Add to beans and let cook half hour. Serve hot.

MRS. DAVID GRAHAM.

HARVARD BEETS

2 cups cooked beets	$\frac{1}{4}$ cup sugar
2 tablespoons butter	1 tablespoon cornstarch
$\frac{1}{2}$ cup mild vinegar	salt

Cut the beets in small balls or cubes.

Mix the dry ingredients and vinegar, boil 5 minutes. Pour over beets and let simmer very slowly over a slow fire, keeping it covered, $\frac{1}{2}$ hour. Add butter a few minutes before serving. A delicious accompaniment for beef.

MRS. A. A. ROGERS.

SEVEN MINUTE CABBAGE

Chop cabbage fine. Put in sauce pan with 2 or 3 tablespoons water. Cook for 3 minutes, stirring continuously. Then add a piece of butter, salt and pepper. Cover tightly and cook 4 minutes more. Cabbage cooked this way is easy to digest.

MRS. WILL MOXLEY.

CREAMED CABBAGE WITH CHEESE

Make a thick cream sauce. Add plenty of cheese cut in small pieces. Pour this over cabbage which has been cooked by the Seven Minute method. Put in casserole and cover with cracker or bread crumbs and some thin slices of cheese. Put in oven 20 minutes or until brown on top.

MRS. WILL MOXLEY.

SCALLOPED CAULIFLOWER WITH CHEESE

3 tablespoons melted butter	$\frac{1}{2}$ cup cheese
2 tablespoons flour	3 cups milk
2 egg yolks	salt, pepper and paprika
$\frac{1}{4}$ cup chopped parsley	

Melt butter, add flour, then milk. Stir till thick and add remaining ingredients. Boil one medium sized cauliflower until tender; place in casserole and pour sauce over it. Sprinkle cracker or bread crumbs over top and bake for 15 minutes.

MRS. P. G. CALLISON.

CELERY FRITTERS

1 cup cut-up celery, using young leaves and stalks	1 teaspoon baking powder
1 egg	salt and pepper and milk to moisten to proper fritter consistency
1 pint flour	

Wash celery and mince fine. Add to the thick batter made from other ingredients, and fry in deep fat till golden brown.

MRS. LYNN MCCREADY.

CUCUMBERS EN CASSEROLE

3 large cucumbers	1 tablespoon butter
1 teaspoon salt	pepper
1 cup cream	

Peel, quarter and remove seeds from cucumbers; arrange in a casserole, cover with cream and the seasonings. Bake in a (400 degree) oven thirty minutes, keeping casserole covered during the first fifteen minutes.

MRS. ARTHUR ROGERS.

CUCUMBERS AND DUMPLINGS (German Dish)

Peel cucumbers, cut in cubes and cook in salted water until tender—drain off water.

Make a brown sauce as follows:

Brown butter and add flour for thickening. Add water to sauce to make a consistency of ordinary gravy and then add vinegar, salt and pepper to taste. Put cucumbers in sauce and set aside to keep hot.

DUMPLINGS

Have about one quart of salted water boiling vigorously and drop into it slowly by teaspoonsful dumplings made as follows:

Pinch salt	$\frac{1}{2}$ teaspoon baking powder
1 cup flour	sifted together

Mix into above one egg unbeaten and enough milk to make a consistency like biscuit dough.

Let dumplings cook until done and add to cucumbers and sauce. Serve very hot.

MRS. REX UNDERWOOD.

EGG PLANT ORIENTAL

- | | |
|--|-----------------------------|
| 2 medium sized egg plants | 1/3 cup olive oil |
| 1 head of garlic, bulbs peeled
and left whole | 4 small dry onions |
| 3 ripe tomatoes or 3 to 4
tablespoons canned tomatoes | 1 medium sized green pepper |
| | Salt and pepper to taste |

Slice egg plant in fairly thick slices, alternate in layers with sliced onion in baking dish. Add diced green peppers and bulbs of garlic. Salt and pepper each layer. Pour tomatoes over this and over all pour olive oil. Bake in a medium hot oven or cook slowly on top of range.

The Sultan was said to have fainted with pleasure when first he tasted this very delectable dish.

MRS. HARRY DUNBAR.

VEGETABLE LOAF

- | | |
|--|-------------------------|
| 1/2 cup cooked green peas | 1 cup soft bread crumbs |
| 1/2 cup cooked string beans
chopped | 1/2 teaspoon salt |
| 1/2 cup cooked carrots, chopped | 1/8 teaspoon pepper |
| 1/2 cup cooked corn | 1/2 teaspoon paprika |
| 1 1/2 cups milk | 1 egg slightly beaten |

Mix ingredients well, turn into a greased baking dish and bake in a moderate oven until firm. Serve with a rich cheese sauce.

MRS. HOWARD HALL.

SWEET POTATOES, GEORGIA STYLE

Season mashed boiled sweet potatoes with butter, salt and pepper and sherry extract. Moisten with cream and beat five minutes. Put in buttered baking dish.

Leave rough surface and pour over syrup made from boiling two tablespoons molasses and one tablespoon butter. Bake until delicately browned.

MRS. W. A. HUMMEL.

CANDIED SWEET POTATOES

Cook 8 sweet potatoes until half tender. Drain, cool and peel. Cut in halves, lengthwise, and arrange in shallow greased pan. Cover with two-thirds cupful melted butter and a syrup made by cooking one and one-third cupfuls brown sugar and 1/3 cupful water together for five minutes. Sprinkle with 1/2 teaspoon salt and bake in moderate oven of 350 degrees for one hour, basting frequently. The potatoes will be transparent when done. Serves six.

MRS. FRANK JENKINS.

SCALLOPED SWEET POTATOES

- | | |
|----------------------------------|----------------------|
| 2 cups boiled sweet potatoes | 4 tablespoons butter |
| 1/2 cup brown sugar | 1 teaspoon salt |
| 1 1/2 cups finely chopped apples | |

Put half of quantity of potatoes in baking dish. Cover with half of quantity of apple. Sprinkle with sugar and butter. Repeat and bake for one hour.

MRS. W. A. HUMMEL.

A VARIATION OF SWEET POTATOES

6 medium sweet potatoes	$\frac{1}{4}$ cup boiling water
3 bananas	butter, sugar, salt

Cook the potatoes until done. Peel and cut lengthwise in one-fourth inch slices while still hot. Peel the bananas and cut in similar slices. Arrange alternate layers of each in an oiled baking dish having a layer of the potatoes on top. Season each layer of potatoes with a sprinkle of salt, a teaspoonful of sugar and dot with a teaspoon of butter. Pour over all the water and bake at 400 degrees for forty minutes covering them the first half of the time.

MRS. ARTHUR ROGERS.

OVEN POTATOES

Butter baking dish and put in layer of potatoes which have been put through coarse grinder, then pepper and salt well and almost cover with pieces of butter the size of filberts. Repeat this process until within an inch and a half of the top of pan then cover with milk and bake for two hours or longer in moderate oven or longer according to amount of potatoes.

MRS. L. B. SIGWART.

GOLDENROD POTATOES

2 tablespoon butter	2 hard-cooked eggs
2 tablespoon flour	1 cup cubed potatoes
1 cup milk	1 tablespoon chopped green peppers
1 teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	

Saute the green peppers in the butter, add the flour, stirring until smooth, and the milk, stirring continuously, until thick; add the potatoes and the egg whites, chopped. Place in an oiled dish and garnish with the egg yolks which have been put through the ricer. Place in a moderate oven and bake thirty minutes. A luncheon or picnic dish.

MRS. ARTHUR ROGERS.

ONIONS BAKED

Parboil twelve onions, drain and chop. Blend over fire 2 tablespoons butter and 2 tablespoons flour. Season with salt and pepper. Add—

$\frac{1}{2}$ cup milk	Boil five minutes
4 tablespoons bread crumbs	Add beaten whites of two eggs
2 tablespoons chopped parsley	

Mix with onions and bake in ramekin dishes thirty minutes.

MRS. WALDO ADAMS.

AN APPETIZING SPINACH VARIATION

4 slices bacon	2 hard-boiled eggs
1 tablespoon green pepper	2 cups cooked spinach
1 tablespoon onion	

Cut bacon in small pieces and fry in skillet. Add chopped pepper and onions. Toss together chopped eggs and chopped spinach, heat all ingredients together in skillet.

MRS. JOHN J. ROGERS.

SUMMER SQUASH AND ONION

2 summer squash, diced	4 tablespoons butter
1 cup white onion, minced	$\frac{1}{4}$ teaspoon pepper
2 teaspoons salt	

Melt the butter, add the onions and cook until light brown. Add the squash, salt and pepper. Cover the kettle and cook over a slow fire about forty minutes, stirring frequently. Sprinkle the squash with paprika when ready to serve. Children like this dish.

MRS. ARTHUR ROGERS.

SQUASH CROQUETTES

Rub two cupfuls of cooked squash into a basin, add one egg well-beaten, two tablespoons melted butter, one tablespoon sugar, a quarter of a teaspoon salt, four tablespoons flour and half a cupful of chopped English walnut meats. Form into neat croquettes, brush over with a beaten egg, toss in fine breadcrumbs and fry in plenty of smoking-hot fat. Drain, and serve the croquettes with a sweet sauce.

MRS. FRANK JENKINS.

STUFFED TOMATOES

Wipe and remove stem ends from six tomatoes. Remove pulp and sprinkle with salt and invert for twenty minutes.

Saute six tablespoons of green peppers in three tablespoons of butter for five minutes and add the following:

$\frac{1}{2}$ cup of tomato pulp	$\frac{1}{4}$ cup onion juice
$\frac{1}{4}$ teaspoon salt	

Fill tomato cases and place in buttered pan. Sprinkle with buttered bread crumbs and bake fifteen minutes.

MRS. CHAS. HARDY.

GRILLED TOMATOES

4 medium sized tomatoes	cracker dust
1 yolk of egg	grated cheese
1 tablespoon of water	

Slice tomatoes; dip in beaten egg and water mixture; roll in cracker dust and fry on hot, slightly greased baking sheet. When brown, turn and sprinkle with grated cheese, pinch of sugar, salt, pepper and dash of paprika.

MRS. EDWARD W. KELLEY.

STUFFED ZUCCHINI OR ITALIAN SQUASH

12 Zucchini	2 eggs
3 tomatoes	1 onion
2 tablespoons bread crumbs	1 toe garlic
1 pound chopped meat	4 stems parsley
2 tablespoons cheese	

Cook Zucchini in salted boiling water. When done cut in half and scoop out the pulp. Put pulp in frying pan with about 2 tablespoons olive oil, chopped onion, parsley, garlic, chopped meat and tomatoes. When blended set aside to cool. Add grated cheese, grated bread, and two eggs to the mixture. Fill shells and bake until brown in moderate oven.

1 small can of tomato sauce may be substituted for fresh tomatoes.

MRS. F. TOSO, San Francisco.

*brown onion, garlic & parsley then
add meat & brown & pulp & tomato*

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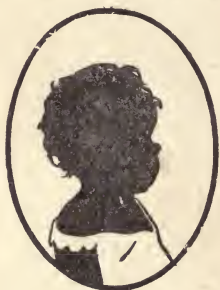
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